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Tuesday, September 6, 2011
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Steeped in WASTE

How the Liberal eHealth Scandal wasted $1 billion of your money - one cup at a time

ONTARIO - It started with fancy Liberal consultants expensing cups of tea and making Ontario taxpayers foot their bills. But the Liberal **eHealth Scandal** quickly grew into a billion-dollar boondoggle that hard-working Ontario families are still struggling to pay off today – even though taxpayers got nothing in return.

Internal audits reveal how fancy Liberal consultants stuck Ontario taxpayers with the bill for everything from a **$1.65 cup of tea** to a $10,000 picnic, $75 cupcakes, "thousands of dollars for limousine rides," a $3,500 per night hotel (in Singapore), a $762,000 lump sum to an **eHealth Scandal** insider – one year after he quit – and $107,000 to the former eHealth CEO – the year after she was fired!

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Ontario PC Leader

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NASA LAUNCHING MOON PROBES
ROBOTIC TWINS WILL MEASURE GRAVITY {page 6}

WARRIOR
EDGERTON AND HARDY FACE OFF AS BATTLING BROTHERS
{page 27}

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All-day GO train service?

Liberals expect idea to be a hit in vote-rich suburbs surrounding city, according to leaked conference-call audio

Ontario's governing Liberals are proposing all-day GO trains and a tax credit to help immigrants get their first job in their platform for the Oct. 6 provincial election.

The Canadian Press heard audio from a conference call during which top Liberals were briefed on the party's platform before Premier Dalton McGuinty released it.

The Progressive Conservatives say the Liberals should be embarrassed by the leak, claiming it shows that even some Liberals don't want another four years of McGuinty.

The platform document talks about defending the Liberal record on health care and education, but is not full of sexy and expensive promises.

The Liberal platform puts another $60 million into more support workers to buy three million more hours of home care for seniors. It also promises to create three new undergrad campuses at universities, but the Liberals aren't saying where just yet.

Their platform includes 68 promises, 45 of them new, and would cost about $1.5 billion by the fourth year.

Liberals on the conference call admitted their claim of a $14-billion hole in the PC's platform numbers is just their "excuse" to say the Tories would slash health care and education.

THE CANADIAN PRESS

▶ University of Toronto engineering students try to jam as many students as possible into a bus shelter during Frosh Week shenanigans yesterday.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Crush hour: There's always room for one more student

New streetcars

Riders to get more face time

GO Transit-style seating will have commuters staring at each other {page 3}

Mubarak trial jolted

Prosecution witness denies order to shoot protesters {page 14}

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Historic fire station gets face lift

At Fire Station 227 in the Beach it's not just the red trucks that gleam in the sunshine with spit and polish.

The station itself is basking in the afterglow of a $1.6 million renovation that has restored the building's exterior to its original 1905 condition.

In the past, the city did minor patch-up jobs to the building's exterior, but no major improvements had been made for more than a hundred years.

"The entire thing started crumbling around 30 years ago," says Gene Domagala, a local historian who leads tours of the station, on Queen Street East near Woodbine Avenue during Toronto's annual Doors Open event.

The two-year makeover to the 11,800 square-foot station, which included new paint, mortar, flashing and brick work, was completed earlier this year.

When it was built, the fire station was the only one located east of the Don River.

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Toronto Fire Station 227.

The station turned out to be one of the most expensive, says Domagala.

Builders poured enough concrete into the foundations to support an eight-storey building before realizing that an underground stream was carrying most of it south to Lake Ontario.

TORSTAR NEWS SERVICE

Privacy gets a back seat

GO Transit-style seating on newest fleet of streetcars will have riders staring at each other

Leave the nail clippers at home and create a personal space bubble with headphones or your smart phone.

That is GO train rider Cindy Smith's advice to TTC commuters, soon to be confronted with a dramatically different seating plan on the city's new streetcars — one that will afford them a closer, more direct view of their fellow riders.

The new downtown streetcars (also called LRV or light-rail vehicles), which are supposed to begin arriving in 2013, will incorporate GO-train-style seating that groups two pairs of facing seats into a cosy foursome. That will make it difficult to avoid eye contact with someone clipping their nails or enjoying a garlic sausage on a bun, says Smith.

The former stand-up comic chronicles her Oshawa GO train commute on a blog called Ride this Crazy Train. It calls out GO riders — a relatively staid group compared to the TTC — for clipping their nails, grinding their dirty feet into the seats and picnicking on smelly snacks.

Putting TTC riders knee-to-knee?

Well, says Smith, "It's going to get ugly. It's a totally different calibre of people."

Kevin Seto, the TTC's superintendent of LRV engineering, concedes the new arrangement will be a departure for the TTC and might take some getting used to. TORSTAR NEWS SERVICE

Orange. Parade

▶ A supporter photographs, from left. Sarah Layton, interim federal NDP Leader Nycole Turmel, Ontario NDP Leader Andrea Horwath and Mike Layton while marching yesterday in Toronto's Labour Day parade in memory of Jack Layton.

DARREN CALABRESE/THE CANADIAN PRESS

Remembering Layton during march

Hundreds of people, many wearing union T-shirts, marched from downtown to the CNE in the parade. Although none of the union groups marching at the parade shouted or chanted his name, a huge number of banners and placards carried Layton's name. More coverage, page 16.

1 news

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On the web at metronews.ca

Toronto's Labour Day parade gives hundreds a chance to say thank you to the late Jack Layton. Video at metronews.ca

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School's in, and so are new food rules

Ontario Public School Boards' Association will be tracking the implementation of healthier menu

Want a burger and fries? The school caf is now serving a lean-meat patty on a whole wheat bun with lettuce and tomato and baked potato wedges.

Pizza? Thin, low-sodium or multi-grain crust and turkey pepperoni — the real stuff is loaded with too much sodium and fat.

As students return to school today, they'll face a whole new menu in the cafeteria and vending machines — even school bake sales — as the province brings in tough rules forcing healthier food and drink offerings, and banning candy, sugary drinks and fatty foods.

The big question is: Will they swallow it?

"You don't want to get between a teenager and his or her food," jokes Marcel Giraldi, principal of Mississauga's Applewood Heights Secondary School, which implemented the rules over the past year as part of a pilot project with the Peel District School Board.

Long gone is the candy in the vending machines. Five pop machines were also taken away; the one left now sells water, caffeine-free drinks and juices.

"The first year of implementation was successful," said Giraldi, saying many students did indeed purchase lunch from the school caf. There was also a lot of education around healthy eating, he added.

"I don't want to imply it was perfect; there was some transition time, and we are close to a shopping plaza and fast food sites. Some continue to go off-site."

Some parents have expressed concerns about fundraising pizza lunches or bake sales being hampered, but Education Minister Leona Dombrowsky noted the government has allotted 10 exemption days for special events.

Lunches brought from home are not affected by the rules.

TORSTAR NEWS SERVICE

Healthy trend

- The move to healthier food options was on top of a ban on fast food in vending machines in elementary schools in 2004, a trans-fat ban in 2008, as well the required 20-minutes of daily physical activity in schools.

Downtown. Festival

▶ Performers make their way to the stage at Yonge-Dundas Square yesterday at the start of the third annual Brazilian Day Canada Festival.

FERNANDO CARNEIRO/METRO

Sights and sounds of Brazil

Tens of thousands of people took part in the free concert and street fair in downtown Toronto — the largest Brazilian event in Canada — to watch samba dancing, capoeira performances, and various Brazilian and local musicians throughout the afternoon.

Deaf feel burned by tenant discrimination: Advocates

The story of a deaf woman who didn't get a single reply when she inquired into dozens of Toronto apartments was no surprise for human rights and housing advocates.

Quinn Cruise, a 25-year-old student who is deaf, sent 30 emails inquiring about rooms advertised for rent last September. She didn't get a single response until she removed the word "deaf" from her message.

"These are barriers that are constantly being faced by people that are deaf or hard of hearing," said Gordana Mosher of the Canadian Hearing Society.

Geordie Dent, director of the Federation of Metro Tenants' Associations, said the organization's hotline receives a handful of calls every year from deaf people who feel they've been discriminated against.

"People who have disabilities, often landlords don't want to deal with (them), especially in the private market," he said.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Geordie Dent, director of the Federation of Metro Tenants' Associations.

But it is against the law for landlords to discriminate against anyone with a physical or mental disability. They must also provide "reasonable" accommodations — such as a visual fire alarm in the case of a deaf tenant.

But Ontario landlords say it's not always that simple. A new visual fire alarm can cost between $500 and $1,500, according to Mosher. Small-scale landlords may not have the money to invest in such a system.

"A lot of landlords have nothing against someone who has a disability, but maybe they're a little bit concerned that they'd have to invest more to accommodate the person," said Stuart Henderson, a spokesman for the Ontario Landlords Association.

Inexperienced landlords may also be worried about how to take care of a tenant with a disability, he added. "They don't know what to do if there's a problem."

TORSTAR NEWS SERVICE

Shuttered daycare caterer faces suit

A daycare caterer who allegedly passed off no-name food from discount stores as premium organic, kosher and halal meals is being sued by a former investor for $396,000 in unpaid loans.

Susan Blouin, who claims her Whole Green Kids catering company fed more than one million of the "highest quality" meals to Ontario toddlers over three years, is accused in court filings of repaying only $3,519.20 of those loans.

Whole Green Kids ceased operation in June when GTA health departments moved in.

TORSTAR NEWS SERVICE

College strike already taking its toll

As Ontario college students go back to school today, many are nervous about what to expect with 8,000 support staff on strike.

The full-time support staff at the province's 24 community colleges walked off the job last Thursday after contract negotiations broke down. Their absence in bookstores, registration desks and financial aid offices means students could be in for a chaotic first day.

But before school even opened, some already felt the sting.

After hearing about the strike last week, George Brown College student Jackie Kent and her boyfriend tried to pick up his textbooks early to avoid the lines. However, when they got to the Casa Loma campus, they found the bookstore wasn't open at all, she said in an email.

George Brown has announced shorter bookstore hours during the strike.

Seneca College student Ahmed Janan "begged" for a day off work so he could attend the orientation for first-year students at Newnham campus last Thursday. Then he found out the night before the orientation that it was cancelled.

"I took a day off from work especially for that. Of course, I was pissed," he said. TORSTAR NEWS SERVICE

Come early

- Colleges have urged students to get to campus early to avoid surprises. Their message was that most student services will continue, but with reduced hours and longer waits.

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NASA launching twin moon probes

Spacecraft to help create most precise lunar gravity map ever ◐ Findings should help explain moon's origins

Four decades after landing men on the moon, NASA is returning to Earth's orbiting companion, this time with a set of robotic twins that will measure lunar gravity while chasing one another in circles.

Scientists hope to figure out what's beneath the lunar surface, all the way to the core. The orbiting probes also will help pinpoint the best landing sites for future explorers, whether human or mechanical.

Near-identical twins Grail-A and Grail-B — short for Gravity Recovery and Interior Laboratory — are due to blast off Thursday aboard an unmanned rocket.

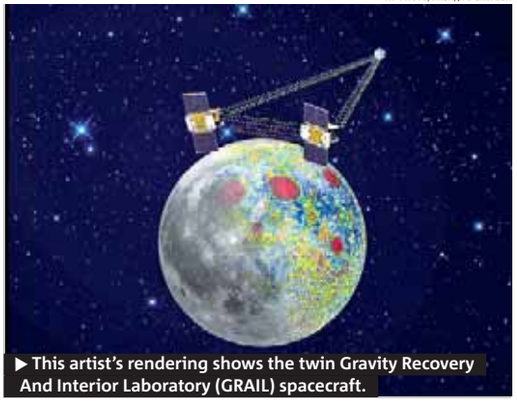
Although launched together, the two washing machine-size spacecraft will separate an hour into the flight and travel independently to the moon.

It will be a long, roundabout trip — three to four months — because of the small Delta II rocket used to boost the spacecraft. NASA's Apollo astronauts used the mighty Saturn V rocket, which covered the approximately 386,000 kilometres to the moon in a mere three days.

NASA's Grail twins will travel more than 3,200,000 kilometres to get to the moon under this slower but more economical plan.

The moon's appeal is universal.

AP PHOTO/NASA/JPL-CALTECH



▶ This artist's rendering shows the twin Gravity Recovery And Interior Laboratory (GRAIL) spacecraft.

$496m
The mission, from start to finish, costs $496 million US.

"Nearly every human who's every lived has looked up at the moon and admired it," said Massachusetts Institute of Technology planetary scientist Maria Zuber, Grail's principal investigator. "The moon has played a really central role in the human imagination and the human psyche."

Since the Space Age began in 1957, 109 missions have targeted the moon, 12 men have walked its surface during six landings, and 381 kilograms of rock and soil have been brought back to Earth and are still being analyzed.

Three spacecraft currently are orbiting the moon and making science observations. A plan to return astronauts to the moon was nixed in favour of an asteroid and Mars.

Despite all the exploration, scientists still don't know everything about the moon, Zuber noted. For example, its formation still generates questions and its far side is still mysterious.

THE ASSOCIATED PRESS

Scary. Promotion

▶ South Korean employees from Everland amusement park wearing Halloween costumes frighten tourists on a street in Seoul, yesterday.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

Frightfully good Halloween event

Since its opening in 1976, Everland has provided various entertainment and special events. The Happy Halloween and Horror Night event runs from Sept. 9 through Oct. 31.

Wildfire burns Texas

Damage

- The blaze consumed as much as 10,100 hectares along a line stretching about 25 kilometres, Texas Forest Service officials said.
- It destroyed 476 homes. About 250 firefighters were working around the clock, a Bastrop County Judge said.
- Authorities mobilized ground and air forces to fight the largest of at least 63 fires that broke out in Texas since Sunday.

A roaring wildfire raced unchecked yesterday through rain-starved farm and ranchland in Texas, destroying nearly 500 homes during a rapid advance fanned in part by howling winds from the remnants of Tropical Storm Lee.

At least 5,000 people were forced from their homes in Bastrop County east of Austin, many of them fearing the worst while spending the night in emergency shelters. Huge clouds of smoke soared into the sky and hung over downtown Bastrop, a town of about 6,000 people along the Colorado River.

Texas has endured its worst drought since the 1950s. There were no immediate reports of injuries. THE ASSOCIATED PRESS

Famine is spreading in Somalia, UN warns

A famine spreading through Somalia is killing more than a hundred children each day, the UN said yesterday, and warned that hundreds of thousands more people may die in the coming months unless they receive urgent help.

The starvation is mostly taking place out of sight of the world media, in areas of southern Somalia under control of violent Islamist insurgents.

"Hungry people are only waiting for death," said Nor Anshur, a father of five who lost one of his children in the Bay region, a former agricultural breadbasket that the UN declared Somalia's sixth famine zone yesterday. "We saw our neighbours' children and elderly people dying every day for lack of food."

Like tens of thousands of other Somalis, Anshur left his drought-ravaged home and trekked to Somalia's capital hoping for help. But delivering food is difficult and dangerous. Even in the government-controlled capital of Somalia, where 9,000 African Union peacekeepers are on patrol, organized theft of truckloads of food aid is rife. Shootouts at aid distributions are frequent.

Conditions are worse in areas controlled by the Islamist insurgency. It has banned many aid agencies to work in its area where the famine is most severe.

Few foreign journalists have travelled to insurgent-held areas, so the footage that helped galvanize responses to other mass famines is largely missing. The UN has received just under 60 per cent of the $1.1 billion US it requested.

THE ASSOCIATED PRESS

FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

▶ A severely malnourished child from Somalia sits in Banadir hospital in Mogadishu Somalia, yesterday

Famine worsens

- Famine has now affected six areas, including four southern Somali regions and two settlements of internally displaced people.
- The UN says around 4 million Somalis need aid, or more than half of the population. In July it was 3.7 million.
- About 750,000 more people may die from famine in the next four months if there is no adequate response, the UN report said, an increase of 66 per cent from July.

Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage[1] pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)[2] for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The ***Scotiabank StartRight*** Program[3] for Newcomers includes a free day-to-day bank account for one year[4], a wide range of VISA* card options[5] and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a *Scotia*® advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

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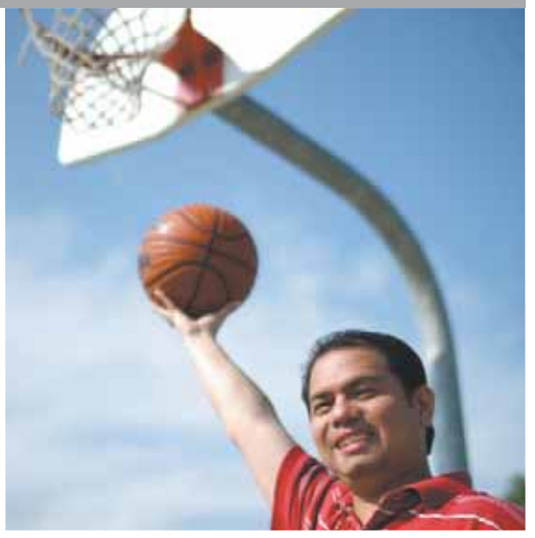

Good advice from Scotiabank helps Philippine native Ronald Miranda enjoy court time with his family.

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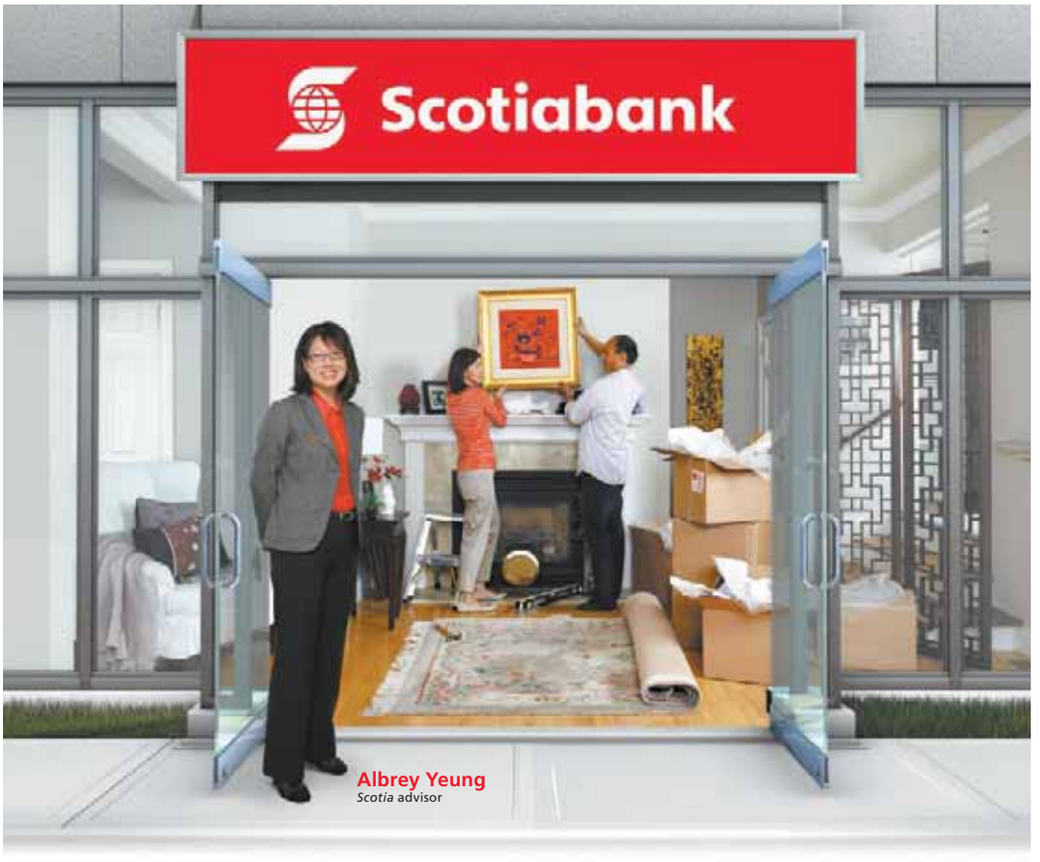

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Files trace Libya's turning tides

Intelligence documents show how Gadhafi's grip on power began to weaken ◐ Rebels couldn't be stopped

As the uprising grew against Moammar Gadhafi, secret reports from his vaunted intelligence service flowed back to Tripoli. Some were mundane — how agents erased anti-regime graffiti. Others were more deadly — a spy volunteered to poison rebel leaders' food and drink.

The reports grew more desperate as the Libyan rebellion veered into civil war: Military leaders in the western mountains were disregarding orders; troops in the city of Misrata ran out of ammunition, turning the situation into "every man for himself."

These reports and hundreds of other intelligence documents seen by The Associated Press in Tripoli trace how the tide shifted in the six-month uprising that ended Gadhafi's 42-year reign. They show how an authoritarian regime using all its means failed to quash an armed rebellion largely fueled by hatred of its tools of control.

The uprising

- The conflict began in mid-February when security forces used deadly fire to suppress anti-government protests in the eastern city of Benghazi.
- The opposition responded to the fierce crackdown by taking up arms, quickly seizing a large swath of eastern Libya and establishing a temporary administration.
- The conflict changed to civil war as rebel forces grew, expelling government forces from of the western city of Misrata.

The Arab-language documents read and photographed by an AP reporter during a visit to Tripoli's intelligence headquarters contain a mixture of military data and regime propaganda. Amid reports on rebels' movements, phone tap records and dispatches from Gadhafi's domestic agents are memos claiming that al-Qaida was behind the rebellion and that 4,000 U.S. troops were about to invade from Egypt.

Throughout the war, Gadhafi's security offices in Tripoli directed efforts to quash the rebellion. Among those leading the charge was intelligence chief Abdullah al-Senoussi, whose well-fortified compound received reports from around the country.

Early on, his office struggled to understand the situation in Benghazi, birthplace of the rebels' National Transitional Council.

One document discovered was a draft letter from Gadhafi to U.S. President Barack Obama.

"It is necessary to support Libya to get rid of the armed men of al-Qaida before all of north Africa falls into the hands of bin Laden," it said. It is unclear if the letter was ever sent.

THE ASSOCIATED PRESS

MAHMUD TURKIA/AFP/GETTY IMAGES

▶ Libyan children flash the V-sign for victory yesterday in Tajura.

New video discovered of 9-11 aftermath

A new video shows a grey mushroom cloud rising in the sky minutes after United Airlines Flight 93 crashed in western Pennsylvania on Sept. 11, 2001.

The Tribune-Democrat newspaper of Johnstown says the video was filmed and narrated by Somerset County resident Dave Berkebile, who died this year.

Berkebile calmly reports a plane has crashed a few miles from his Berlin home and assumes a link to the other terror attacks that day.

Donna Glessner, of the National Park Service, believes the video is the earliest footage of the crash in Shanksville, a rural area southeast of Pittsburgh.

Flight 93 crashed as passengers fought four hijackers. Forty passengers and crew members perished.

And as the 10-year anniversary of the 9-11 attacks gets closer, the FBI and Homeland Security have issued a nationwide warning about al-Qaida threats to small airplanes.

Authorities say there is no specific or credible terrorist threat. But they have stepped up security nationwide as a precaution.

The alert, issued ahead of the summer's last busy travel weekend, said terrorists have considered renting private planes and loading them with explosives.

THE ASSOCIATED PRESS

WIN MCNAMEE/GETTY IMAGES

▶ A clock that was knocked from a wall at the Pentagon on Sept. 11, 2001, is displayed as part of an exhibit at the Smithsonian museum in Washington, D.C.

10 years later

New video shows grey mushroom cloud just after Flight 93 crashed in U.S. on Sept. 11, 2001

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Iran issues warning to flash mobs

Police arrest youth in water gun fight Iran leadership very wary of public gatherings since 2009 protests

Iran is trying to put down a new wave of civil disobedience — flash mobs of young people who break into boisterous fights with water guns in public parks.

A group of water fighters was arrested over the weekend, and a top judiciary official warned yesterday that "counter-revolutionaries" were behind them.

Police swooped in to arrest a number of people who had gathered on Friday in a Tehran park to hold a water fight, the acting commander of Iran's police Gen. Ahmad Radan said, quoted in newspapers yesterday.

Radan said the group had been planning the water fight through the Internet and had "intended to break customs." He vowed police would act to prevent future attempts and that participants would be put on trial.

Throughout the summer, Iranian police have been cracking down. In the first incident, in July, hundreds of young men and women held a water fight in Tehran's popular Water and Fire Park, spraying each other with water guns and splattering bottles of water on one another. Police detained dozens of those involved.

Since then, police have arrested dozens more involved in similar water fights in parks in major cities around the country.

THE ASSOCIATED PRESS

MILAD BEHESHTI/THE ASSOCIATED PRESS

▶ Iranian youths shoot water at each other during water fights at the Water and Fire Park in northern Tehran.

ADVERTISING FEATURE

SEPTEMBER AND SCHOOL: THE "PERFECT STORM" FOR ASTHMA

As summer winds down, many parents and students focus on the school year ahead. That usually means buying school supplies and longer pants. But for parents of children with asthma, the start of the school year should also include taking preventative steps to protect their kids from the "September Spike" – the annual increase in asthma-related emergency room visits that happens when school begins.

Cold viruses – that are easily spread from person to person - are one of the most common triggers for asthma symptoms. Kids are in close contact with each other in classrooms, schoolyards and buses. This close contact helps germs spread and increases kids' risk of infection.

"Many respirologists refer to the September Spike as the 'perfect storm'," says Carole Madeley, director of Respiratory Health Programs for the Ontario Lung Association. "Cold viruses, combined with the fact that many kids with asthma have changed or interrupted their regular asthma management schedule over the summer months, act as major triggers, resulting in Emergency Departments across the province chock a block with asthma patients."

More than 1.7 million Ontarians have asthma, with about 20 percent being children, which means it's a big problem for many families and hits all schools across the province. Dr. Sharon Dell, a pediatric respirologist at Toronto's SickKids Hospital stresses, "Good asthma control requires daily efforts. Anti-inflammatory medications are often needed every day. Avoiding asthma triggers also demands a continuous effort. However, the benefit of having well controlled asthma and being able to live a full, active life is well worth it."

Through a major public education campaign the Ontario Lung Association helps parents take steps to prevent their children from having an asthma attack. One of the key campaign messages: regular use of controller medication such as anti-inflammatory medications significantly reduces the risk of emergency room treatment for asthma. By ensuring good asthma control, you can protect your child all year round.

The Ontario Lung Association is a respected resource for parents and teachers. Call 1-888-344-LUNG (5864) and speak to a certified respiratory educator or visit www.on.lung.ca

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Conservatives gird for right turn

PC win in Ontario would mean political sea change: Pollster

Canada's conservatives have their eye on a magic number in the coming Ontario election: 56.

If the Ontario Progressive Conservatives win that many seats or better in the Oct. 6 election, it will mean that more than half the seats in Canada's legislatures, federal and provincial, are occupied by right-of-centre politicians.

"Is it a significant milestone? For people engaged in conservative politics, it is certainly something to feel good about," said Mitch Wexler, whose firm, Pollmaps, provides voting data for Conservative politicians.

Wexler's count includes conservative politicians in name and in tilt, including members of the B.C. Liberals, the Wild Rose and Action démocratique parties.

He says right-leaning politicians occupy 481 seats out of 1,023 federal and provincial ridings. To achieve half, or 512, there needs to be a net gain of 31 seats. A 56-seat win by the Ontario PCs would push the total of right-wingers in Canadian politics to well over half.

However, Wexler's data also show that the Ontario PCs cannot assume they will coast to victory on the combined support of Mayor Rob Ford and Prime Minister Stephen Harper.

Ford voters did not stampede in a bloc to Harper in May's federal election. In fact, the two have different bases of support in the GTA.

TORSTAR NEWS SERVICE

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Ontario Progressive Conservative Leader Tim Hudak, right, applauds Mayor Rob Ford as he takes the stage at his annual barbecue in Etobicoke on Friday. Conservatives across Canada have high hopes for the upcoming provincial election.

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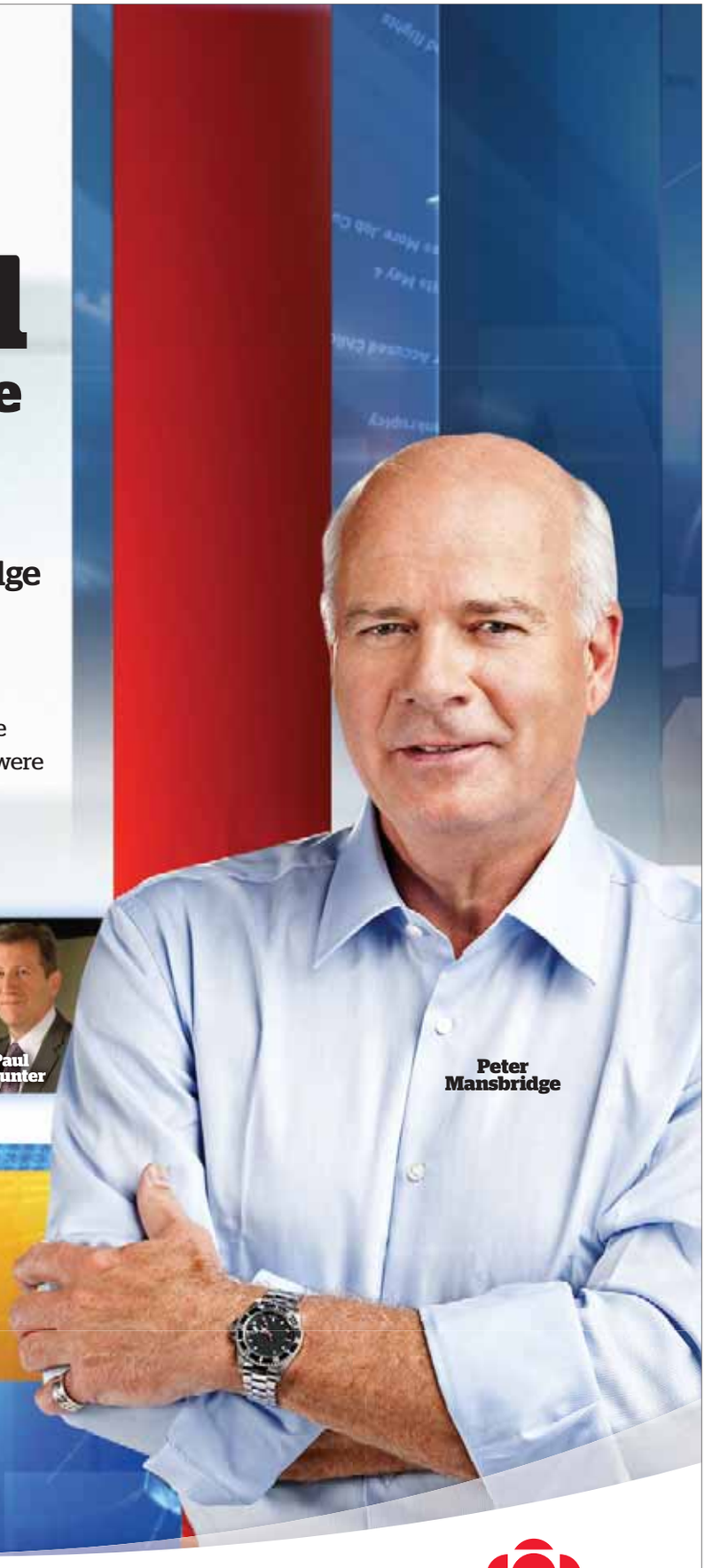

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CBC news

AMR NABIL/THE ASSOCIATED PRESS

▶ Protesters clash with riot policemen yesterday.

Witness stuns Mubarak trial

Raucous 10-hour session ◗ Both supporters and opponents of ex-president in audience

The prosecution's first witness in the trial of ousted Egyptian President Hosni Mubarak startled the court in a stormy session yesterday, testifying that police were not ordered to fire on protesters in Cairo's Tahrir Square in a contradiction of the prosecutors' central claim.

The police general's statement could damage the prosecution's case that Mubarak and his security chief gave the green light to police to use lethal force to crush the uprising, during which at least 850 people were killed.

Prosecution lawyers were visibly stunned by the testimony of the witness, Gen. Hussein Moussa, and angrily accused him of changing his story from the affidavit he initially gave prosecutors.

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Win a baby contest

JOE LOFARO
IN OTTAWA

A new contest at radio Hot 89.9 called "Win a Baby" is drawing both applause and condemnation.

The radio contest, announced yesterday, offers people a chance to win up to three fertility treatments at a local clinic, valued at $35,000. Entrants are required to write a letter to the station explaining why they need the treatment.

To qualify for the top five though, the women need to submit a reference form from a family doctor and will have to undergo a mandatory consultation with fertility specialists.

Most Facebook and Twitter comments praised the contest, but some felt it went too far.

"I think we're crossing some morality lines with this contest. ... Imagine telling your child, you were a prize from a radio station because we had problems conceiving," wrote Casey Schofield on the station's Facebook page.

"When one in six couples have trouble conceiving — that's a huge percentage," said Hot 89.9 co-host Jeff Mauler. "If we help out those families or individuals who are looking to do this then I think those people who are against it should see the bigger picture and realize that we're actually trying to help somebody who couldn't do this otherwise."

Heroin thriving in NYC area

Recent raids by the federal and state drug authorities have resulted in scores of arrests and large drug seizures. They've also given colourful insight into the current heroin market.

Absent are scenes out of films like American Gangster, with kingpins flaunting their wealth, settling turf wars with brazen gunplay and serving a clientele of strung-out junkies queuing up to buy low-grade product.

The new business model calls for more discretion and discipline, and better branding and quality control.

The heroin is purer and the users more mainstream, including college students and professionals who snort rather than shoot up.

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Tories: A thorn in labour's side

The Tories irritated the labour movement this year by tabling back-to-work legislation in both the Air Canada and Canada Post labour disputes.

"We've got to beat back the Harper attack," chanted a group of students at a rally yesterday.

The Conservative government has promised to balance the federal budget by 2014 and has asked 68 departments to offer up scenarios for five and 10 per cent reductions to their bottom lines over a three-year period.

Civil servants at the federal Fisheries Department, for example, have been told their budget is being cut by $53 million as managers deal with last year's Conservative funding freeze in advance of deeper cuts to come.

Unions said in June that Public Works will lose 687 jobs over the next three years. The Bank of Canada, the Environment Department and National Gallery are all under the knife.

Other union leaders said they're also working to stem the widening trend to create casual positions without benefits and pensions for workers.

Overshadowing many of the gatherings was the memory of Jack Layton, the late NDP leader who died of cancer last month after carrying his party in May to a historic victory as the official Opposition. THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Workers march through city streets during a Labour Day rally in Halifax yesterday.

Rallying for jobs

At Labour Day rallies across Canada, labour leaders hammered feds for looming job cuts to balance budget

Staving off deep job cuts and protecting workers' rights will be the main battlefronts for labour groups in the coming months, union leaders said yesterday as they gear up for widespread losses in the public sector.

Ken Georgetti, head of the Canadian Labour Congress, said Ottawa's plan to balance the books by 2014 will likely result in thousands of job losses at a time of already high unemployment and generous corporate tax cuts.

"Putting more people on the unemployment lines doesn't make any sense," he said during a rally in Halifax, adding that creating and protecting jobs are labour's priorities.

"These tax cuts haven't worked, and public servants shouldn't have to pay for them with their jobs." THE CANADIAN PRESS

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1234 The Queensway
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
GEORGETOWN
Georgetown Market Place
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
3636 Steeles Ave. E, Unit 101
9570 McCowan Rd., Unit 4
Pacific Mall
505 Hood Rd., Unit 12
7780 Woodbine Ave., Unit 3
4300 Steeles Ave. E, Unit E32
4300 Steeles Ave. E, Unit E67
8901 Woodbine Ave., Suite 218
3255 Hwy. 7 E, Unit E98
MILTON
439 Main St. E
MISSISSAUGA
Meadowvale Town Centre
Square One
Dixie Outlet Mall
Erin Mills Town Centre
153 Lakeshore Rd. E
6325 Dixie Rd., Unit 1
3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit 8
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
102-3021 Argentia Rd.
7205 Goreway Dr.
NEWMARKET
16715 Yonge St.
NORTH YORK
Peanut Plaza
Sheridan Mall
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
OAKVILLE
1027 Speers Rd., Unit 22
RioCentre Oakville
OSHAWA
Taunton Harmony Plaza
1053 Simcoe St. N, Unit 48
PICKERING
Pickering Power Centre
Smartcentres Pickering
611 Kingston Rd.
RICHMOND HILL
9196 Yonge St.
1480 Major Mackenzie Dr. E
Unit C3-3
10 West Pearce St., Bldg. B
Hillcrest Mall
Yonge Elgin Centre
9350 Yonge St.
Times Square Mall
SCARBOROUGH
Woodside Square
1571 Sandhurst Cir., Unit 502K
5095 Sheppard Ave. E
1900 Eglinton Ave. E, Unit E5A
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
Morningside Crossing Plaza
411 Kennedy Rd.
3495 Lawrence Ave.
1448 Lawrence Ave. E
5661 Steeles Ave. E, Unit 5
19 Milliken Blvd., Unit U
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
6236 Yonge St.
TORONTO
Dragon City Mall
421 Dundas St. W, Unit GB
Dufferin Mall
Gerrard Square
228 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
919 Bay St.
525 University Ave.
Oriental Centre
1448 Lawrence Ave., E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
UXBRIDGE
11 Brock St. W
WHITBY
Brooklin Towne Centre
25 Thickson Rd. N
WOODBRIDGE
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4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
920 Southdown Rd. Bldg H, Unit 7
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1011 Upper Middle Rd., Unit C17
1500 Upper Middle Rd., Unit 2
240 Leighland Ave.
OSHAWA
285 Taunton Rd.
Oshawa Centre
RICHMOND HILL
1070 Major Mackenzie Rd. E
THORNHILL
9200 Bathurst St., Unit 26
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618 Sheppard Ave. W
730 Danforth Ave.
333 Bloor St. E
1084 Yonge St.
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave. E, Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
Bayview Village
329 Parliament St.
Exchange Tower
Yorkdale Shopping Centre
Toronto Eaton Centre
2248 Bloor St. W
10 Dundas St.
200 Bay St.
Rogers Centre
330 Bay St.
4980 Yonge Street
SCARBOROUGH
2490 Gerrard St. E
38 Ellesmere Rd.
2900 Warden Ave.
6758 Kingston Rd., Unit 12
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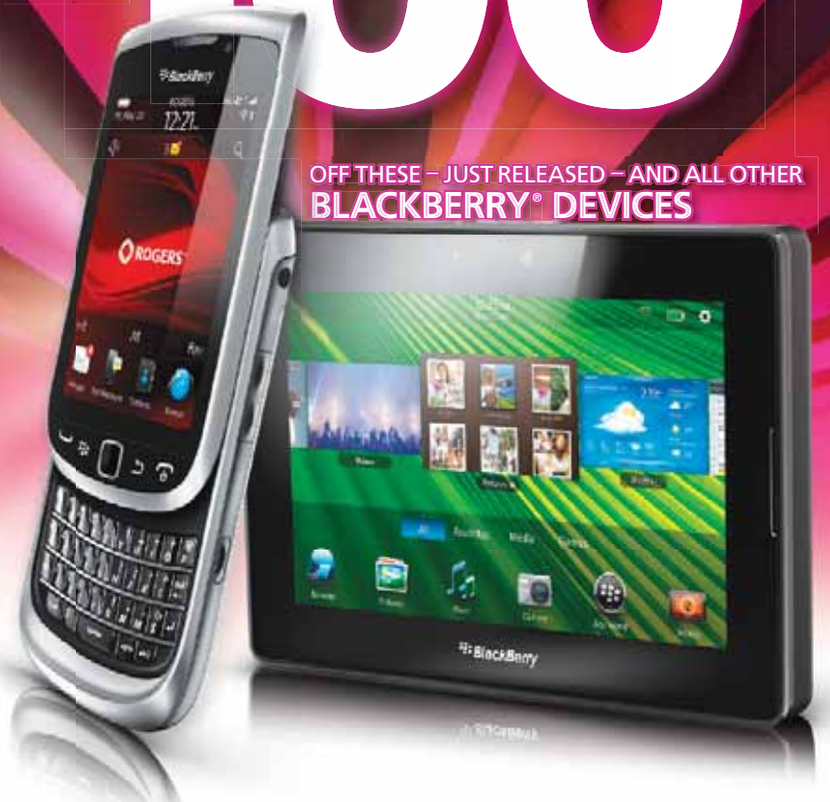

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News in brief

Quake rattles Indonesia

JAKARTA. A powerful earthquake jolted the western Indonesian island of Sumatra, killing a 12-year-old boy.

Hundreds of patients from at least one hospital had to be evacuated.

The U.S. Geological Survey said the 6.6-magnitude quake was centred 100 kilometres southwest of the city of Medan. It was too far inland, however, to generate a tsunami.

The temblor hit at about 1 a.m. local time today. **THE ASSOCIATED PRESS**

Twister causes some damage

NEW YORK. A tornado has caused some property damage near Albany, N.Y., one week after Irene caused destructive flooding in the region.

The National Weather Service says the tornado touched down about five kilometres from Amsterdam, N.Y., yesterday evening.

New York Gov. Andrew Cuomo says there have been no reports of serious injuries. **THE ASSOCIATED PRESS**

Obama visits Irene-hit city

NEW JERSEY. Keeping tabs on a Gulf Coast storm, U.S. President Barack Obama focused on flood damage in New Jersey during a trip yesterday to see firsthand the destruction that Hurricane Irene caused in the state's third largest city. The president chose Paterson for his tour because "this was a place he can visit that had particularly severe impacts," White House spokesman Jay Carney said. **THE ASSOCIATED PRESS**

Levees hold as Lee lurches ashore

- New Orleans rebuffs threat of flooding by gulf storm
- Related tornadoes touch down in Mississippi, Alabama

Former Tropical Storm Lee dumped more than 30 centimetres of rain in New Orleans and spun off tornadoes elsewhere Sunday as its centre came ashore in a slow crawl north that raised fears of inland flash flooding in the Deep South and beyond.

Areas of Alabama, Louisiana and Mississippi near the coast reported scattered wind damage and flooding, but evacuations appeared to be in the hundreds rather than the thousands and New Orleans' levees were doing their job just over six years after Hurricane Katrina swamped the city.

National Hurricane Center specialist Robbie Berg said Lee's flash flood threat could be more severe as the rain moves from the flatter Gulf region into the rugged Appalachians.

Storm weakens

- On Sunday night, the hurricane centre said Lee had weakened to a tropical depression with top sustained winds of 56 km/h.

Vermont is still cleaning up and digging out dozens of communities that were damaged and isolated last week when heavy rain from Tropical Storm Irene quickly flooded mountain rivers.

No deaths had been directly attributed to Lee, though a body boarder in Galveston, Texas, drowned after being pulled out to sea in heavy surf churned up by Lee. A man in Mississippi suffered non-life-threatening injuries when authorities said he was struck by lightning that travelled through a phone line.

The vast, soggy system spent hours during the weekend hovering in the northernmost Gulf of Mexico before its centre finally crossed into Louisiana west of New Orleans, pelting a wide swath of coastline. **THE ASSOCIATED PRESS**

Japan rescue efforts awash in typhoon damage

Japan braced for more heavy rain and floods yesterday as the death toll from the worst typhoon to hit the country in seven years climbed to 34. Rescuers searched for 55 others who remained missing, and tens of thousands of families struggled without power or telephone service.

Typhoon Talas, which was later downgraded to a tropical storm, lashed coastal areas with destructive winds and record-setting rains over the weekend before moving offshore into the Sea of Japan. Thousands were stranded as it washed out bridges, railways and roads.

"We will do everything we can to rescue people and search for the missing."
PRIME MINISTER YOSHIHIKO NODA

KYODO NEWS/THE ASSOCIATED PRESS

▶ A man walks on driftwood piled up on a bridge yesterday after a powerful typhoon in Kiho, central Japan.

The destruction added more misery to a nation still reeling from a catastrophic earthquake and tsunami six months ago. In one of his first acts in office, Prime Minister Yoshihiko Noda — sworn in just one day before Talas made landfall — vowed the government would provide as much assistance as quickly as it could.

His predecessor, Naoto Kan, was forced out in large part because of public anger over the response to the tsunami, which left nearly 21,000 people dead or missing and touched off the worst nuclear disaster since Chernobyl.

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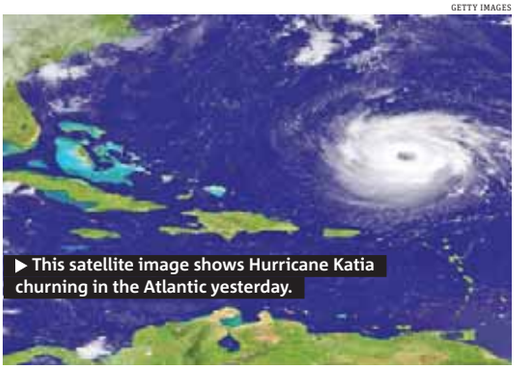
DAVE MARTIN/THE ASSOCIATED PRESS

▶ Chris and Kristen Hogan of Biloxi walk along the beach in Pass Christian, Miss., with their children Sophie and Myers yesterday. Flooding from Tropical Storm Lee forced the Hogans from their home after heavy rains caused the Biloxi river flood.

Hurricane Katia picks up speed

GETTY IMAGES



▶ This satellite image shows Hurricane Katia churning in the Atlantic yesterday.

Hurricane Katia has grown to a Category 3 storm as it moves across the Atlantic Ocean.

Yesterday afternoon, Katia's maximum sustained winds had increased to 185 km/h. That makes Katia a major hurricane, and some additional strengthening is expected later in the day.

Hurricane specialist Todd Kimberlain says it's looking less likely that Katia will hit land but that wind from the storm could still affect the U.S. East Coast as it moves north. Kimberlain also says the Mid-Atlantic and New England regions should still keep an eye on Katia.

Katia is centred about 795 kilometres south of Bermuda and is moving northwest near 19 km/h.

THE ASSOCIATED PRESS

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Hackers hit Dutch firm

Experts believe the culprits are based in Iran and cooperated with the Iranian government

Hackers who broke into a Dutch web security firm have issued hundreds of bogus security certificates for spy agency websites including the CIA as well as for Internet giants like Google, Microsoft and Twitter, the government said yesterday.

So far, only a handful of users in Iran are known to have been affected. In addition, the latest versions of browsers such as Microsoft's Internet Explorer, Google's Chrome and Mozilla's Firefox are now rejecting certificates issued by the firm that was hacked, DigiNotar.

THE ASSOCIATED PRESS

DigiNotar

- **Security.** DigiNotar is one of many companies which sell the security certificates widely used to authenticate websites and guarantee that communications between a user's browser and a website are secure.
- **U.S.** The hack of DigiNotar closely resembles one in March of the U.S. security firm Comodo Inc., which was also attributed to an Iranian hacker.
- **Subsidiary.** The Dutch government took over management of DigiNotar, a subsidiary of Chicago-based Vasco Inc.

Police. Escort

▶ Amanda Knox is escorted by a police officer yesterday at a hearing for her case at the Perugia court in Italy.

STEFANO MEDICI/THE ASSOCIATED PRESS

Trial resumes in Italy

The appeals case for 24-year-old American student Amanda Knox convicted of killing her British roommate resumed yesterday with lawyers questioning independent experts who cast doubt on the evidence used in the first trial.

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Travel Nov 16 - Nov 23/pd + taxes & fees $119

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Travel Oct 1 - Oct 7/ts + taxes & fees $474

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Bangkok $510
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USA

Las Vegas Air + 4 Nights **$325**
Circus Circus + taxes & fees $307
INCLUDES accom on the Strip. Departs Sep 25/swg/wg. ADD Grand Canyon tour for $98.

Chicago Air + 3 Nights $499
Essex Inn + taxes & fees $121
INCLUDES accom on famous Michigan Avenue. Departs Oct 18, 25/ggv/aa. UPGRADE to 4-star Westin for $45 per night. ADD Chicago city pass for $76.

New Orleans Air + 4 Nights 4-Star $559
Sheraton New Orleans + taxes & fees $128
INCLUDES accom near the French Quarter and Mississippi River. Departs Sep 25/ggv/us. ADD swamp and bayou tour for $50.

California Air + Car $579
+ taxes & fees $134
INCLUDES airfare into Los Angeles and return from San Francisco, and 7-day economy car rental with unlimited mileage. Departs Oct 2, 9/ggv/aa.

New York City Air + 3 Nights 4-Star $699
Grand Hyatt New York + taxes & fees $123
INCLUDES accom in the heart of mid-town Manhattan. Departs Dec 15/ggv/us. ADD theatre tickets to *Chicago, Billy Elliott, Mary Poppins, Sister Act* or *Memphis* for $143.

All-inclusive Vacations

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Riu Emerald Bay + taxes & fees $347
Departs Sep 13/sgn/wg.

Riviera Maya 5 Nights 4-Star $305
Riu Lupita + taxes & fees $347
Departs Sep 12/swg/wg.

Puerto Plata 7 Nights 4.5-Star $327
Be Live Grand Ambar + taxes & fees $387
Departs Sep 22/nol/ts.

Jamaica 7 Nights 4-Star $467
Holiday Inn Sunspree + taxes & fees $348
Departs Sep 24/nol/ts. UPGRADE to the 5-star Secrets St James in an oceanview junior suite for $102 per night.

Europe

Paris Air + First 2 Nights **$379**
All Seasons Paris Bercy + taxes & fees $475
INCLUDES central accom. Departs Oct 1/vat/ts. ADD the city tour for $28.

Cruises

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Carnival Sensation + taxes & fees USD $60
CRUISE roundtrip Port Canaveral and visit Freeport and Nassau (overnight). Sails Nov 27/ccl.

Western Caribbean 7-Night Cruise USD $349
Carnival Glory + taxes & fees USD $98
CRUISE roundtrip Miami and visit Cozumel, Belize City, Roatan and Grand Cayman. Sails Dec 11/ccl.

Mediterranean 7-Night Cruise $449
Norwegian Jade + taxes & fees $92
CRUISE Venice to Civitavecchia (Rome) and visit Koper, Split, Dubrovnik, Messina and Naples. Sails Oct 8/ncl.

Transatlantic 13-Night Cruise USD $499
Adventure of the Seas + taxes & fees USD $83
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Winnipeg hero in jail after assault

- Panhandle attack nets homeless man six months
- Saved two from drowning on two occasions in 2009

A man known affectionately across Canada as Winnipeg's "homeless hero" has been ordered to serve six months in jail following a panhandling run-in with a city doctor that turned violent.

Faron Hall, 48, was arrested downtown May 30 and has been locked up ever since. He pleaded guilty recently to a charge of simple assault.

The victim and her two young kids were getting into their car after a morning of shopping when Hall approached and put his hands out as if to ask for money, court heard.

KEN GIGLIOTTI/THE CANADIAN PRESS

▶ Faron Hall

The doctor, described as "a good-natured person," apologized, telling Hall she had no cash to offer, and began reaching into her vehicle to give Hall some apples instead.

Hall grew angry and "slammed the door on her, pinning her between the car and the door," according to Crown attorney Susan Helenchilde.

Hall's heroics for diving into a freezing and dark Red River to save a young man in May 2009 won him official honours from the City of Winnipeg, along with national attention.

Months later, he also braved the river water again to rescue a friend.

"It's very sad that it's come to this and that he's engaged in this sort of behaviour having established himself in such an admirable way," said Helenchilde. JAMES TURNER

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WORLD STOCK MARKETS

Fears of recession spark dive

World stock markets took a beating yesterday after a report showed U.S. companies stopped hiring in August, reviving fears that the world's largest economy is heading back into recession.

The lack of hiring in the U.S. last month surprised economists, who were expecting about 93,000 jobs to be added. Previously reported hiring figures for June and July were revised lower. The unemployment rate held steady at 9.1 per cent — it has been above nine per cent in all but two months since May 2009.

Renewed jitters over the eurozone debt crisis also contributed to the slump in financial stocks amid concerns they would need to raise new capital.

THE ASSOCIATED PRESS

Netflix steps into Brazil

Netflix launched its movie- and TV-streaming service in Brazil yesterday, the beachhead for a push into Latin America that is seen as key to its continued growth after setbacks in the United States. Netflix says it plans to expand into 43 countries in Latin America and the Caribbean. THE ASSOCIATED PRESS

SNC-Lavalin offices raided

Canadian-based engineering giant SNC-Lavalin says it is co-operating with an international corruption investigation involving the company. Police raided its offices near Toronto on Thursday in connection with a probe involving a bridge project in Bangladesh, police confirmed.

THE CANADIAN PRESS

Arctic airships on way

CONTRIBUTED/THE CANADIAN PRESS

▶ A Hybrid Air Vehicles (HAV) airship delivers supplies to an oil rig in the Arctic in this artist's conception.

Deal with British manufacturer moors pie-in-the-sky idea to reality

The idea has been floating around for years, but a deal between a northern aviator and a British manufacturer could finally see giant airships sailing through Arctic skies within three years.

"It's been the next big thing for a long time," said Rolf Dawson of Yellowknife-based Discovery Air, which recently signed an agreement in principle with the United Kingdom's Hybrid Air Vehicles (HAV) to develop and bring in the first specially adapted airships to the land of bush planes and ice roads.

"We're working toward a commercial agreement which will stipulate how many aircraft we're going to commit to buying, what the timing of the delivery and what the payment terms are going to be."

Airship boosters have long suggested that using lighter-than-air craft to haul equipment and supplies could change the economics of development in remote areas.

"We're not going to replace helicopters. We're going to replace trains or boats or planes."
GORDON TAYLOR, HAV SPOKESMAN

Airships require neither ice roads nor runways. Airships use far less fuel than planes and have massive lift capacity. The HAV design can haul 50 tonnes — about twice the payload of a Hercules airplane.

HAV is currently building an airship for the U.S. military. Dawson says that craft will serve as a field test for the ships that come North.

THE CANADIAN PRESS

Spain's PM hopeful vows to tax rich, banks

Spain's ruling Socialists' candidate for prime minister in November elections said yesterday that if he wins he will raise taxes on wealthy people and banks and use the extra revenue to create jobs, especially for young people.

Alfredo Perez Rubalcaba, interior minister until a few months ago and the party's most veteran and prominent member, gave no details in a radio interview but estimated the tax hikes would bring in €2.5 billion ($3.6 billion).

"We have to ask for an extra effort from those who have most and from the financial sector," he said.

With an unemployment rate of nearly 21 per cent, Spain has been struggling to crawl out of nearly two years of recession. The young, in particular, have been having a tough time — the jobless rate for Spaniards under 25 is a stunning 45 per cent.

Perez Rubalcaba's main opponent in the race to be prime minister, Popular Party leader Mariano Rajoy, also spoke of taxes but said he would not raise them. In fact, he would lower them for people starting up new businesses.

He noted that the Socialists in 2008 eliminated the wealth tax — a levy on a person's net worth beyond a certain level — as a stimulus measure when the economic crisis was in full swing, and suggested the Socialists now appear to be contradicting themselves.

"I have no plans to raise taxes, but rather to encourage economic growth and undertake reforms so the government takes in more revenue," Rajoy said. "I have just one priority, that there be economic activity and for this you have to support entrepreneurs."

Rajoy said he also wants to keep government spending under tight control but without sacrificing basic public services.

He has endorsed a whopping 20 per cent budget cut announced for next year in the Castilla-La Mancha region, a Socialist stronghold that his party overtook in May regional and local elections. Other regions controlled by the Popular Party have followed suit, suggesting austerity will be key to the conservatives as the campaign unfolds.

THE ASSOCIATED PRESS

CESAR MANSO/GETTY IMAGES

▶ Alfredo Perez Rubalcaba

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Swiss bankers balk at new U.S. treaty

Switzerland recently signed revised deals with several countries seeking information on tax cheats

Swiss banking officials lashed out yesterday at the possibility of yet another tax treaty with the United States aimed at handing over the details of more Americans suspected of using Swiss banks to cheat on their taxes.

The chairman of the Swiss Bankers Association, Patrick Odier, urged the Swiss people and the government to "put up a united front" and work out a solution that applies to all countries.

"The solution must be globally applicable, be definitive and correspond to existing Swiss law," Odier told the association at a meeting in Basel, Switzerland. "A second bilateral treaty has to be avoided and the U.S. needs to respect this."

The United States last year forced Switzerland to agree to a separate bilateral tax treaty — and to break its own banking-secrecy laws — in order to prevent the country's biggest bank, UBS AG, from facing damaging civil litigation in U.S. courts for helping thousands of Americans hide money in offshore accounts.

UBS was forced to hand over the names of thousands of American account holders in a landmark case that pierced Switzerland's storied tradition of banking secrecy.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil (Electronic trading)	Natural gas (Electronic trading)
Closed	No trading	– $2.85 US ($83.60 US)	$3.857 (– 0.39%)
			Gold (Electronic trading) $1,902.80 (+ $25.90)

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THIS TIME, IT'S ALL ABOUT YOU

SHE SAYS ...

JESSICA NAPIER
METRO

Humans are social creatures; we crave the comfort of other warm-blooded beings in close proximity. At work we're lauded for our teamwork skills and at leisure we're obsessed with being connected (virtually or otherwise). And yet, despite our natural desire to seek out togetherness, there is something to be said for being alone.

No, not the sad, weepy, nobody-loves-me kind of loneliness you experience on the first night after a breakup. And not the alone time that you spend tweeting or curating your Facebook profile. I'm talking about legit solitude.

The thought of isolation makes some people very nervous. After five minutes of seclusion we feel panicky, compelled to reach for our phones and connect to the rest of the world. But when we are constantly looking to others to validate our existence, learning how to be alone is more important than ever.

"Single living, if your budget allows, is a marvelous luxury. You have total freedom to live by your own rules; make a mess, go out all night, sleep all day (diagonally if you're so inclined), have cereal for dinner, listen to awful music and decorate however you please."

I often find myself feeling desperate to disconnect and enjoy some solid me time. Not because I'm antisocial and wallowing in self pity (I'm looking at you, Bridget Jones, singing All By Myself into a tub of ice cream) but because in everyday life there is a constant pressure to be on. Sometimes I just need to switch off.

It's so important to take time off from the daily performance of being a best friend, a lover, a co-worker, and to allow ourselves to just be. Whenever I'm by myself, I find time to do all those things I've been meaning to do, or I find time to do nothing at all.

Whether I'm more relaxed or more productive, I'm ultimately more myself when I'm alone than at any other time.

Single living, if your budget allows, is a marvelous luxury. You have total freedom to live by your own rules: Make a mess, go out all night, sleep all day (diagonally if you're so inclined), have cereal for dinner, listen to awful music and decorate however you please.

And if you become unsatisfied with your solo time indoors, the city can be a wonderful place for loners. You can wander unnoticed in the crowded streets, disappear in darkened movie theatres, slip into near-silent art galleries and forget the rest of the world.

Solitude in large doses may not be for everyone, but to be alone by choice — in a content and meaningful way — is an essential part of the human experience.

Read more of Jessica Napier's columns at metronews.ca/shesays

Street vendor serves up more than healthy fare

NEWS WORTH SHARING

Take a closer look at the humble hot dog stand, and you just might find a bastion of healthy eating — and community.

For years, visionary Toronto street vendor Marianne Moroney lobbied to serve items like baked potatoes, soup, grilled vegetables and corn-on-the-cob.

She's finally been granted a licence — the first of the city's 140-odd vendors to do so — which she hopes will pave the way for others.

But it's not just her wholesome fare that makes her a beloved figure outside Mount Sinai Hospital.

Marianne's famous warmth to her customers is known to everyone from local children to hospital staff to the homeless.

"Vendors feed the working people of a city," says Marianne.

"They add animation to a street, bring income to families and build pedestrian community."

CRAIG AND MARC KIELBURGER

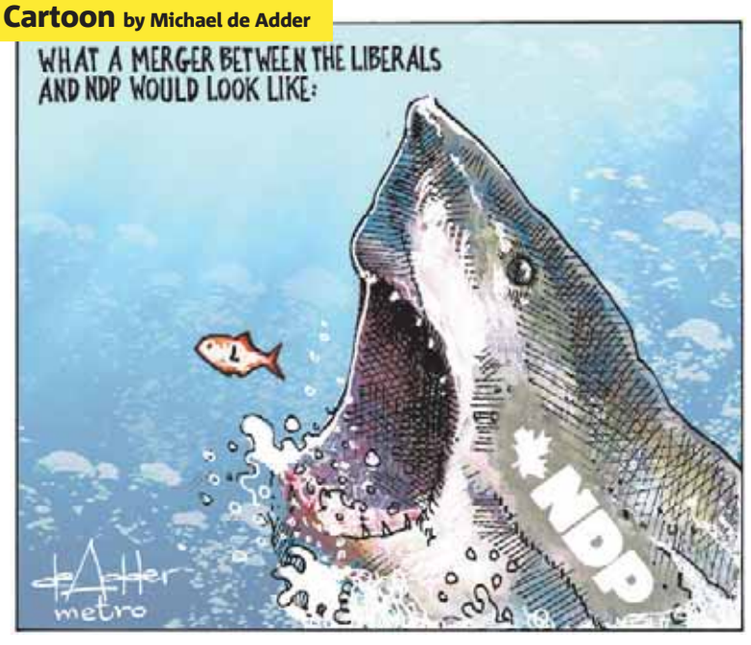
Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

Tweets

Metro apologizes for the cartoon that appeared on the cover of Play, dated Aug. 29, 2011. It was insensitive and inappropriate. We regret the error of printing it. METRO

- **@KitsuneLindsay:** Eight years ago, Labour Day weekend, I moved to Toronto. Today, I will eat my weight in ribs. #blessed
- **@rihilliard:** What a wonderful, exciting Labour Day Parade in Toronto. The parade was dedicated to Jack Layton, a real solidarity between NDP and unions.
- **@djdavehall:** Back from vacation and ready to go back work. Heading to Toronto tonight for some Nachos to end this Labour day weekend.
- **@goraina:** SO excited about this: littleislandcomics.com The first comic store for kids, Little Island Comics! Toronto, ON. <3 #kidscomics
- **@benjaminboles:** I knew this would happen MT @jaimewoo: Toronto sobering up. In May, Ford had a 70% approval rating. By June, fell to 57%. In August, 45%.
- **@MrStanfield:** 15 Degrees in Toronto... Feels cold :s... Maybe I should just go miami from now...

Cartoon by Michael de Adder



WEIRD NEWS

Fact: You can earn respect by eating chicken wings

The Black Widow of eating contests has scarfed down 183 chicken wings in 12 minutes to break her own world record set last year in Buffalo, N.Y.

Sonya Thomas took home first place Sunday at the 10th annual National Buffalo Wings Festival. She beat eating marvel Joey (Jaws) Chestnut, who came in second with 174 wings.

The two won titles at the July 4 hotdog-eating contest on Coney Island.

The 100-pound Thomas of Alexandria, Va., is the reigning wing-eating champion. She downed 181 wings to win the 2010 contest.

Thomas is called the Black Widow because she often beats male competitors in eating contests.

THE ASSOCIATED PRESS

JESSICA GRIFFIN/THE ASSOCIATED PRESS

▶Sonya Thomas chews toward a win in this file photo.

metro

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HANDOUT

▶ Tom Hardy, left, and Joel Edgerton star in Warrior.

Training to be a warrior

Tom Hardy and Joel Edgerton play battling brothers in a film about fighting and family

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METRO WORLD NEWS IN HOLLYWOOD

For Warrior, actors Tom Hardy and Joel Edgerton face off as mixed martial arts fighters — and brothers — trying to punch, kick and grapple their way to a better life. But just because they can pass for lethal, musclebound cagefighters on screen doesn't mean either is ready for a career change. "Any one of you guys could beat me up right now," Edgerton says, sizing up the reporters and publicists in the room, who smile back nervously.

While he's still in peak shape for his next role, Hardy agrees, explaining that the first thing they learned was how little they knew. "You know that we trained because now we know even less about fighting than we did when we started," Hardy says. "You don't go swaggering, because it will come home to roost. It's normally the quietest guy in the room. You learn things like, if I can hear my own voice in a bar fight, I'm just about to get knocked out."

If leaked online footage is any indication, the quiet guy taking Hardy down these days is Christian Bale, whose Batman goes toe to toe with Hardy's freakishly strong Bane in the Dark Knight Rises, currently filming — though the only thing Hardy will say about that project is that he "can't talk about it at all."

The third of Christopher Nolan's Batman films isn't the first time Bale has gotten in Hardy's way, so to speak, as Warrior was originally set to come out last year, but an unfortunate coincidence led to it being delayed. Edgerton explains: "As they got closer to any kind of finished form of the movie, this film called The Fighter came out — a little family drama that centres around a bit of fighting. They're completely different movies, but on a trailer or on paper, the supposition is they're the same thing."

Hardy summed up the similarities more succinctly: "Two brothers fight," he said. "But Christian Bale obviously is going to win an Oscar, so let's not put ours out now."

How big of a delay are we talking? Hardy actually filmed Warrior before joining Nolan's Inception. So while Warrior and the Dark Knight Rises have meant lots of weight training and bruises for Hardy, he's had some rest in between.

"It was like putting on a pair of slippers and a robe and, like, rubbing myself in lavender oils," Hardy says of the transition from one film to the other. "Having everything done for me, it was heaven, to be honest. I had a wire instead of having to leap over things, and no one was trying to hit me in the face. Heaven."

Edgerton, who will next be seen in The Thing, is heading back to his native Australia for a similarly comfortable transition, starring alongside Leonardo DiCaprio, Tobey Maguire and Carey Mulligan in Baz Luhrmann's the Great Gatsby — the mere mention of which gives Hardy a chance to razz his co-star.

"In 3D!" Hardy boasts, interrupting Edgerton with a laugh. (Luhrmann is in fact shooting the film in 3D.) Edgerton adds, "Yeah, just imagine this coming at you," motioning to his face.

Contagion a germaphobe's worst nightmare

Academy Award-winning director Steven Soderbergh's latest film Contagion can be considered a 105-minute PSA with a simple message: Wash your hands. Often.

Certainly audience members may look more warily at public door handles and subway hand rails after watching, perhaps in a crowded theatre, the film about the global spread of a lethal surface-borne virus with a kill rate of about 25 per cent.

"It is impossible, once you start thinking about it, to stop thinking about it," Soderbergh acknowledged at a news conference ahead of the film's world premiere out of competition at the Venice Film Festival on Saturday.

JONATHAN SHORT/THE ASSOCIATED PRESS

▶ Steven Soderbergh

"I'm washing my hands a little bit more. But since I showed up in Venice I have been shaking hands, a lot. I was on an airplane, which is one of the worst places you can be. This is just the world we live in."

Contagion features Matt Damon, Gwyneth Paltrow, Kate Winslet, Jude Law, Marion Cotillard and Lawrence Fishburne in a fast-paced drama that depicts the rapid spread of a lethal virus of unknown origin and with no available vaccine.

THE ASSOCIATED PRESS

2 scene

Box office

According to studio estimates Monday, the acclaimed drama about Southern black maids took in $19 million over the long holiday weekend. That raised the film's domestic total to $123.4 million. The Help has been a triumph amid a rush of late-summer duds that ended Hollywood's busiest season. Another batch of new movies this weekend packed in modest-to-small crowds. Best among the newcomers was Helen Mirren's Holocaust-revenge thriller The Debt at No. 2 with $12.6 million from Friday to Monday. The sci-fi horror tale Apollo 18 opened at No. 3 with $10.7 million. Another fright flick, Shark Night 3D, debuted at No. 4 with $10.3 million.

THE ASSOCIATED PRESS

Pacino calls his Wife Salome an 'ambitious and complicated' cinematic gesture.

HANDOUT

▶ Enfin l'automne is a story of best friends who have their eye on the same girl.

Film goes straight to YouTube

Patrick Boivin can't say his debut feature film, Enfin l'automne (Fall Finally), will be in theatres everywhere this weekend alongside other new movies including Shark Night 3D and Apollo 18.

But the Montreal-based animator and filmmaker says he's excited to be screening his film for an even larger audience.

He's premiering it Sunday on YouTube, and proudly says his movie will be the first Canadian feature to be uploaded to the site.

While most filmmakers would probably be disappointed if their film debuted online, for free, Boivin says it's the ideal way to launch his movie.

"Enfin l'automne (Fall Finally)" is the story of two best friends, performing artist Jack and cafe owner Jerome, who both have eyes for the same girl. Jerome gets the girl, with Jack's blessing, and the ensuing story is an urban tale of normal everyday life, friendship and love.

Most of the dialogue is in French, with English subtitles, although one character speaks English. Boivin and his filmmaking partner Olivier Roberge sank $45,000 of their own money into the movie after getting a series of rejection letters from financiers.

Although they had a minuscule budget to work with, it doesn't show; it's beautifully shot and has the look and feel of a studio-produced film.

That the movie looks so good is probably not surprising to fans of Boivin's work.

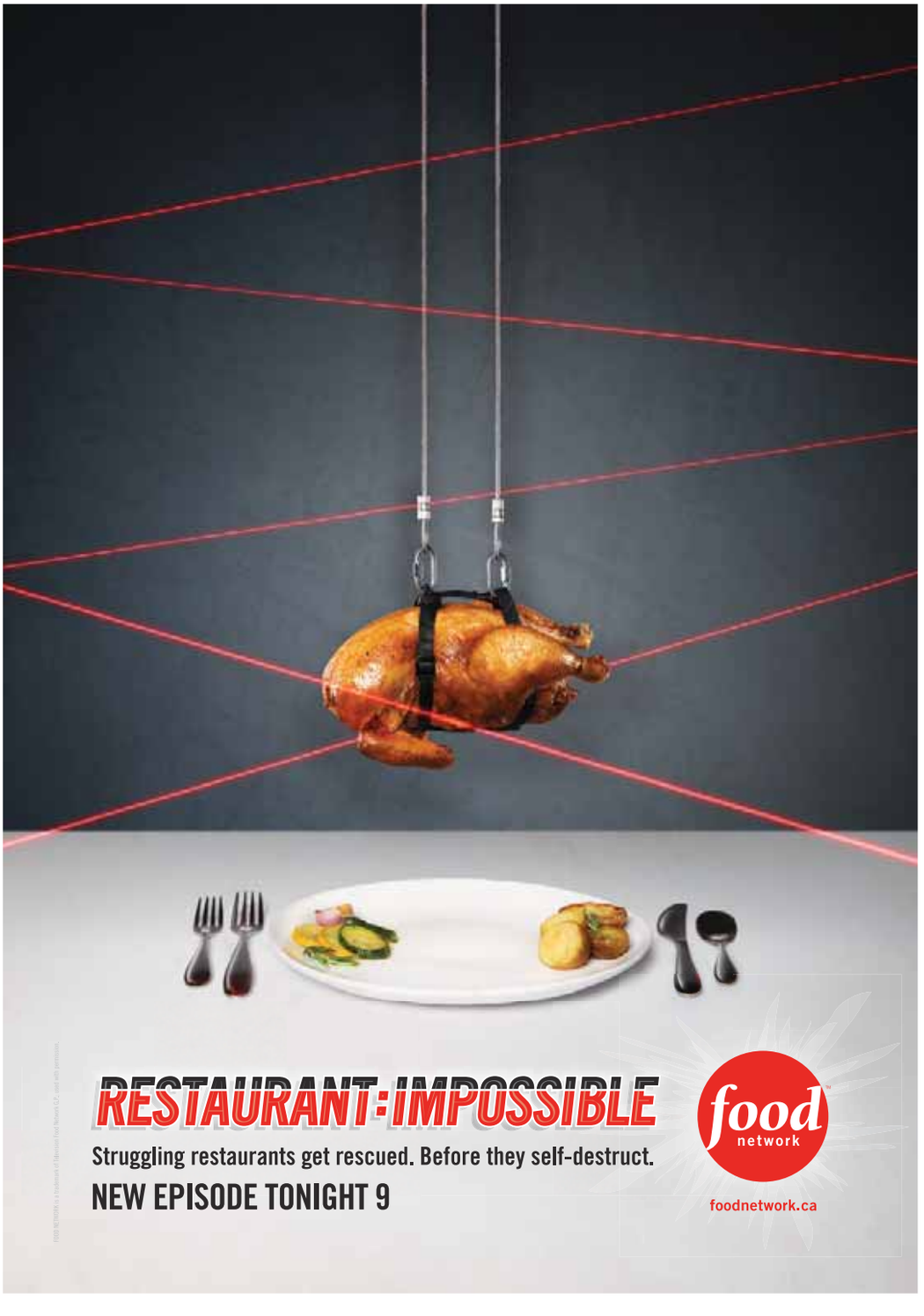
While he's no household name, he has a large following online, with almost 166,000 YouTube users subscribing to his feed of videos, which include short films, stop-animation projects and music videos.

Collectively they've been viewed more than 121.5 million times.

Given his engaged online fanbase, Boivin believes YouTube is the best place to showcase Enfin l'automne (Fall Finally), especially given his previous experience at film festivals where he screened some of his shorts, like Radio.

"Even after all the places we went maybe 5,000 people saw Radio (in theatres). After a month on YouTube there was 350,000 views — so that's a terrific way you can reach people," Boivin says.

THE CANADIAN PRESS



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What's it like to chat up the stars?

10th season of etalk starts today • We talk to the hosts

Ben Mulroney

What was your most memorable interview? Hands down, it was my recent sit-down with Lady Gaga.

To be able to spend an entire day with the biggest pop star on the planet and discover so much about her — from her inspiration, to her professional highs and lows — was so satisfying.

She was so honest, so candid and so truly down-to-earth that I actually felt that I learned something by the time it was done. To conduct an interview that goes beyond promoting an album or pushing a product, and to do so with someone like Lady Gaga, was a gift.

Looking back, what is your most embarrassing interview? Easiest question to answer: introducing Russell Peters as Russell Simmons. On the Juno Awards red carpet.

In my defence, someone had said earlier that day: "whatever you do Ben, don't confuse Peters with Simmons!"

They got in my head and I, of course, enjoyed a truly embarrassing moment on live TV.

Add to that, Russell milked that moment for a year until the next red carpet when I introduced him — deliberately — as Richard Simmons.

Tanya Kim

What was your most memorable interview? I'm fortunate to say I've experienced a number of memorable interviews, but if one were to really stand out, it would have to be the time I spent with Jamie Foxx in Las Vegas. I feel as though it was truly one of the rare times when there really was no barrier between journalist and interviewee.

Jamie was warm, charming, funny, really giving of his time and possessed a wonderfully positive energy. He was the same person when the cameras were rolling and when they weren't. He shared story after story with me as if we were just two old chums reconnecting… I still have warm fuzzy feelings when I think of this interview.

Looking back, what is your most embarrassing interview? Truthfully, there's not one moment in particular that comes to mind — if there was I would share it with you, absolutely! I'm a bit of a klutz, I like to goof around and have probably done a "few" (ahem) embarrassing things in my time…which is why it's a good thing I don't take myself too seriously!

METRO

The View looks

With Oprah gone, Walters' show poised to win ratings contest

With Oprah Winfrey gone, daytime television is ready for a new monarch.

Barbara Walters and the show she invented 15 years ago, The View, pronounce themselves ready to step up. She may be past 80 now, but would YOU bet against her?

The show begins its new season today, with New York City Mayor Michael Bloomberg as guest. In a muddled daytime picture, The View plans to compete aggressively for displaced Winfrey viewers with a more topical feel, aggressive booking of guests and a few pages ripped from Oprah's playbook.

"Oprah was the only other show that did some of the things that we did," said Bill Geddie, executive producer. "Quite honestly, some of the people that we might have gotten second, we'll be getting first now."

The View has just as much chance as any to become the daytime talk leader. Late afternoon, where Winfrey's show ran across most of the country, is considered a more desired time slot than the 11 a.m. home of The View. But a big mixture of personalities like Dr. Phil, Ellen DeGeneres, Anderson Cooper and Dr. Oz will now be competing in the afternoon, some of them new to their time slots or new to the business, and none goes in with a huge advantage in the ratings, said Bill Carroll, an expert in the daytime market for Katz Media.

Meanwhile, The View is a fixture at its time of day.

"Consistency always works in your favour," Carroll said.

Shows that score a 10 out of 10, at 10.

Weeknights at 10 pm

Mon Rocco's Dinner Party
Tue Picker Sisters
Wed Roseanne's Nuts
Thu Necessary Roughness (*premieres September 15*)

best at the top

ABC, IDA MAE ASTUTE/THE ASSOCIATED PRESS

▶ The View starts its 15th season today on ABC.

Geddie noted that no 11 a.m. show has ever been the top daytime talk program, and he seems eager for the challenge of changing that.

The time slot was no real prize back in 1996. ABC had a string of failures there before asking Walters to come up with an idea for a show. She thought of presenting a handful of women with diverse backgrounds and opinions, primarily an entertainment show. Still busy at ABC News, Walters appeared only two days a week and asked Meredith Vieira to be moderator, a role now held by Whoopi Goldberg. **THE ASSOCIATED PRESS**

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CONTRIBUTED

▶ Patrick Wilson

A Gifted Man *(Global; premieres Sept. 23).*
Dr. Michael Holt is a brilliant surgeon-to-the-stars whose manner makes Dr. House seem warm and cuddly. But then his ex-wife re-enters his life. The twist is, she's dead.

CONTRIBUTED

▶ Sarah Michelle Gellar

Ringer *(Global; premieres Sept. 13).*
Eight years after Buffy the Vampire Slayer, Sarah Michelle Gellar is back in a new series, and it's a ring-a-ding-dinger. The first episode is full of twists that promise lots of juicy complications to come.

MATT DINERSTEIN/NBC

▶ The Playboy Club: This sexy melodrama is set in 1961 at the just-opened Chicago nightspot meant to build on the magazine's seductive appeal, and it boasts romance, crime, period music and the aura of a glamorous, long-gone era. Note that the bunnies are costumed more demurely than contestants on Dancing With the Stars. The show premieres Sept. 19 on Citytv.

Fall TV's crop

These eight new series just might bring you back for a second look

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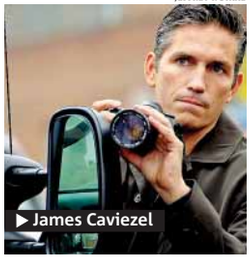
JEFFREY R STAAB



▶ James Caviezel

Person of Interest *(Citytv; premieres Sept. 22).*
A software genius and an ex-CIA agent believed to be dead: This is the duo who dedicate themselves to preventing bad things from happening. This edgy thriller links video surveillance with a computer program that identifies each "person of interest".

CONTRIBUTED

▶ Hank Azaria and Kathryn Hahn

Free Agents *(CTV; premieres Sept. 14).*
Alex is newly divorced and missing his kids. Helen is battling her loneliness with booze months after her fiancé's untimely death. As co-workers in a high-profile PR agency, they share one ill-advised night of passion, then, post-tryst, must face each other in the office.

MONTY BRINTON/CBS

▶ Kat Dennings left, and Beth Behrs

PATRICK ECCLESINE/FOX

▶ Zooey Deschanel

New Girl *(Citytv; premieres Sept. 20).*
As a wounded survivor of the relationship wars, Jess Day is something of a younger variation on Liz Lemon. Jess is goofy and unguarded in her dealings with the world — and especially tone-deaf with men.

CONTRIBUTED

▶ Christina Ricci, centre

Pan Am *(CTV; premieres Sept. 25).*
Revisiting the glorious dawn of the jet age in 1963, as compared with air travel today, is like comparing the Orient Express with VIA Rail. Today's flat-screen TVs on airline seatbacks don't compensate for everything the passenger has lost since those grand days of Pan Am, and this first-class new drama is an eyepopping reminder.

2 Broke Girls *(Citytv; premieres Sept. 19).*
Formerly wealthy Caroline is broke and disgraced after her Madoff-like dad is busted for his Wall Street piracy. She seeks refuge in a Brooklyn diner where she lands a job alongside likewise money-strapped Max, for whom waitressing is only one of two daily jobs.

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Reel Guys TUFF it out

Richard Crouse and Mark Breslin get a sneak peek at 10 of the dozens of short films that will be playing on the TTC subway platform screens

LILIAN PIERROT/REEL GUYS

▶ The Toronto Urban Film Festival begins Friday.

TUFF

- The Reel Guys take the TTC — usually on the way to a movie — and find that the worst part of the trip is that you can't watch movies while you wait for the train ... until now. Starting on Friday, the Toronto Urban Film Festival will play dozens of movies on the ONESTOP TTC subway platform screens for an estimated audience of 1.3 million daily commuters. The Reel Guys got a sneak peek at 10 of the one minute short films.

Richard: Mark, I liked quite a few of these. A minute from director James Newman is a snapshot of city life from curb level — 60 seconds in the life of the city's footwear. Is this a fashion parade or a comment on the make-up of the city? You decide.

Mark: In Hang Tough James Schreyer shoots the current Queen Street scene, including panhandlers and anarcho-hippies, on an old B&W camera, making it feel like lost footage from a far gone era, and linking the scene with Yorkville of the '60s.

RC: Based on family photographs, Courtship, a watercolour animation by Winnipeg's Alison Davis, is a poignant look at the beginning and end of a relationship.

MB: Laura Zaylea's Her House is a deliberately degraded sepia-toned film exploration of a cat, a chair, ancient wallpaper, and some stairs. It could have used a storyline, no matter how slight.

RC: Dystopia, a surreal animated film from Venezuelan director Igor Bastidas, owes a debt to Salvador Dali and Mad Magazine.

MB: In Haircut by Terry O'Neill and Tara Cooper a guy gets a haircut in an old fashioned barber shop. Not too interesting, but the camera work and eye popping colour show the filmmakers have talent.

RC: My favourite will probably be Rob Ford's least fave. FLIP HOP by Che Kothari with Elicser & Skamn is an ode to the art of graffiti. This inventively shot and edited short will make your eyeballs dance.

MB: Shoeshop by Mai Phuong Pham takes place in Hanoi. A shopkeeper plays with his rooster in a shop with shoes piled high to the ceiling. Is the rooster a clever pun? Or dinner, perhaps? A thriller, sort of.

RC: In Fresh Start from Richard B. Pierre a series of optical illusions reignites a heartbroken man's romantic life. Whimsical and sweet, it tells a complete story in 60 seconds with no sound. Nice.

MB: Woodland by Claire Bennett is a B&W animated tale straight out of the Brothers Grimm. Beautiful to look at — a frightening kid's tale for all ages.

This one is a complete winner, and I would watch it again and again.

More info

- For more information on the Toronto Urban Film Festival, visit torontourbanfilmfestival.com.

"My favourite of the bunch will probably be Rob Ford's least fave. FLIP HOP by Che Kothari with Elicser & Skamn is an ode to the art of graffiti"
RICHARD CROUSE

Reel Guys

RICHARD CROUSE & MARK BRESLIN
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DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Hanna

Genre: Action
Director: Joe Wright
Stars: Saoirse Ronan, Cate Blanchett, Eric Bana

Hanna is Little Red Riding Hood by way of Frankenstein. If this sounds like one fractured fairy tale, it is — and it's also a thriller where the women are tougher and wilier than the men.

These wildly disparate elements successfully blend in part because director Joe Wright doesn't force them, at least until the theme park denouement where Cate Blanchett is literally framed by her wolf metaphor.

There's natural interplay between the almost medieval world we're presented with at the outset and the modern one it turns into. Contradictions collide and connect in the screenplay, much the way the throbbing score by the Chemical Brothers suggests both innocence and menace.

What really pulls the package together, however, is the chase between Saoirse Ronan's feral title anti-hero and Cate Blanchett's bloodless CIA agent Marissa.

For much of the film, we're not sure exactly who is after who. Call it Red Riding Hood vs. Big Bad Wolf, or vice-versa; it's a rare example of two great female actors driving an action pulse-raiser.

Extras include deleted scenes, an alternate ending, director's commentary and a making-of featurette.

PETER HOWELL

X-Men: First Class

Genre: Action
Director: Matthew Vaughn
Stars: James McAvoy, Michael Fassbender, Jennifer Lawrence

Here's a welcome exception to the brainless blockbuster phenomenon.

It's so smart, in fact, that newcomers to the X-Men saga might well be advised to do a little advance homework, or risk missing all the subtle connections and foreshadowing of things to come.

Set mainly in the Cold War combustion of 1962, the movie is a reboot of a Marvel Comics franchise that had worn out its welcome. Director Matthew Vaughn brings similar freshness to this comic creation as he did to Kick-Ass, and manages to do so while hewing to the saga's serious dramatic intent.

The film's two main characters, James McAvoy's Charles (later Prof. Xavier) and Michael Fassbender's Erik (later Magneto), seem like characters out of a Dickens novel, being two mutant lads of differing birth circumstances yet following parallel (and perilous) life paths.

Playing both the best of friends and rivals, McAvoy and Fassbender are the dramatic anchors of a committee-written script that often threatens to sink under the weight of incident and personnel.

The movie fairly rockets, at least for its first hour.

Extras include deleted scenes.

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Levine is showing them how it's done

Adam Levine, judge and coach, may be the real winner on The Voice

PETER KRAMER/ASSOCIATED PRESS, FILE

▶ Adam Levine of Maroon 5. Their single Moves Like Jagger is iTunes' Top 10 selling single this week.

Before joining NBC's The Voice, Adam Levine says some folks assumed he was some "singing bimbo that likes girls."

So he's grateful to the show for providing a bit of clarification on his image.

"It was a nice opportunity to show my personality — that I have a brain," said the lead singer of Maroon 5. "It's also true: I am a bimbo and I like to sing and I like girls, but there's more to my personality; it's a little more dynamic than that, and I like to show that on the show. It's cool."

The singing competition — which also features Christina Aguilera, Cee Lo Green and Blake Shelton as music coaches — was a hit in its first season.

The four coaches chose teams of eight after an audition process that allowed them only to hear the contestant's voice, but not to see them.

Once teams were whittled down to one contestant for each coach, Levine's mentee — the crooner Javier Colon — was crowned the winner.

The Voice helped showcase the playful and sillier side of the heavily-inked Levine. Band keyboardist Jesse Carmichael says Levine's presence on the show "was so positive for him definitely as a person, but for us as a band, too."

Now, the group is taking advantage of the buzz: They recently released Moves Like Jagger, which features Voice co-star Aguilera, and it will be the No. 1 song on the Billboard Hot 100 charts Thursday. The dance song is a departure for the pop-rockers, and they say they're rushing to get a new album out.

In the past, the group released an album every three or four years.

"We're going to make it as quickly as we can (and) ride this wave of momentum," Levine said in an interview last week.

The second season of The Voice premieres after the Super Bowl on Feb. 5.

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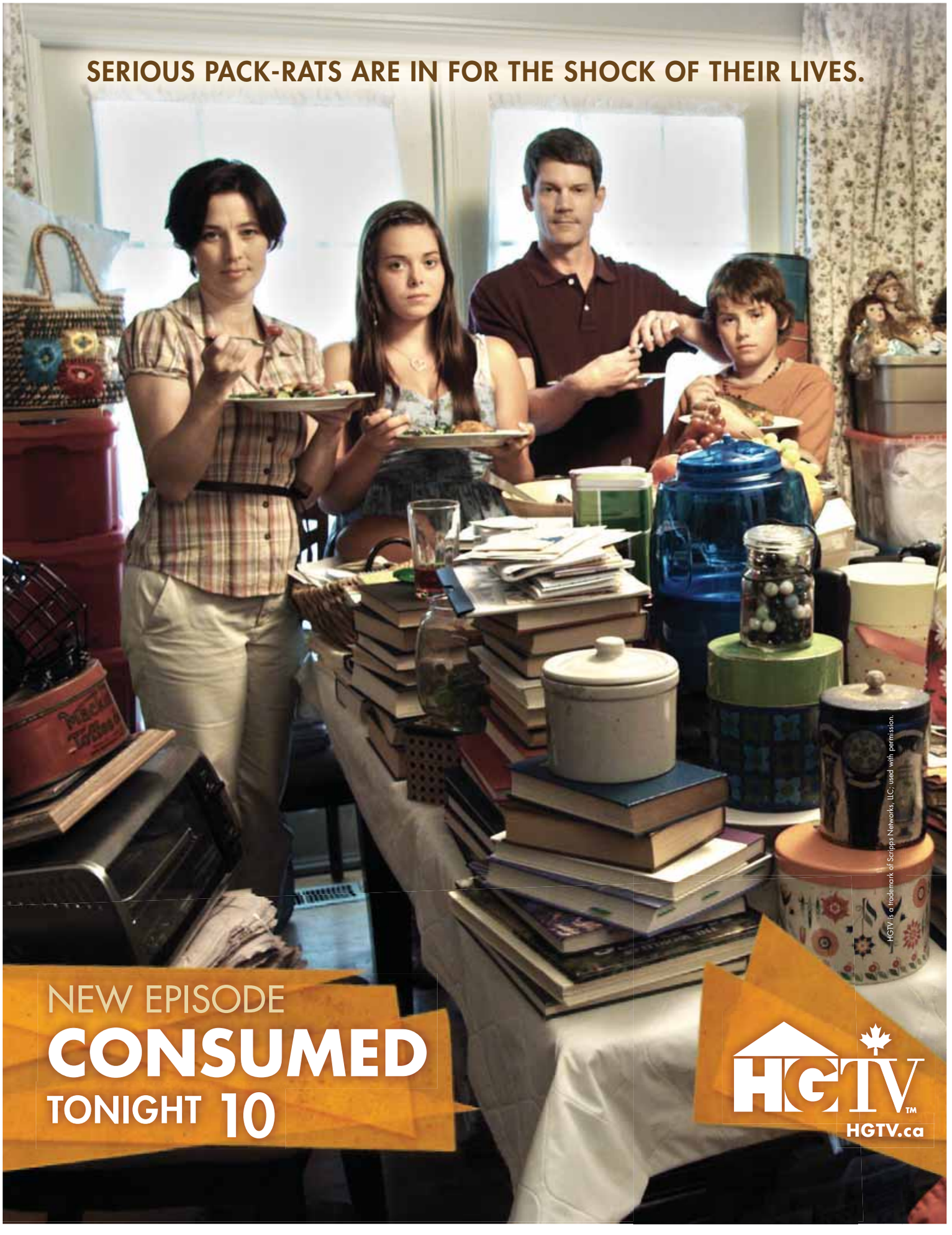
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"I heartily recommend your products" (Gary W.)

I recently purchased a Dual Muscle Therapy System; I am suffering from arthritis in my right knee. I tried it and immediately felt relief. It seems to get better the more I use it. My ability to walk has improved along with my performance on the job. It is such a relief to be able to do this simple function as I was able to in the days before becoming an arthritis sufferer. My wife, who is registered nurse, also uses it with very good results on her sore neck muscles. Lifting many patients a day has become a chore to get relief from the aching muscles that she comes home with. I heartily recommend your products to others that need a helping hand. Many thanks for a great product.

"...it has been a life saver for me" (Kathy M.)

Dear Dr. Ho I just want to thank you. I purchased your Dual Muscle Therapy System almost a year ago and it has been a life saver for me. I had back surgery a few years ago and I have some nerve damage. The sciatic nerve is what gives me the most trouble. I couldn't believe how much this system has helped me. At the end of the day, I apply the pads to my lower back and hip, or wherever I am having pain. I receive relief immediately when I use it.

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▶ Madonna

Madonna's new film in need of a prayer

Directorial debut gets slammed Set to come to TIFF

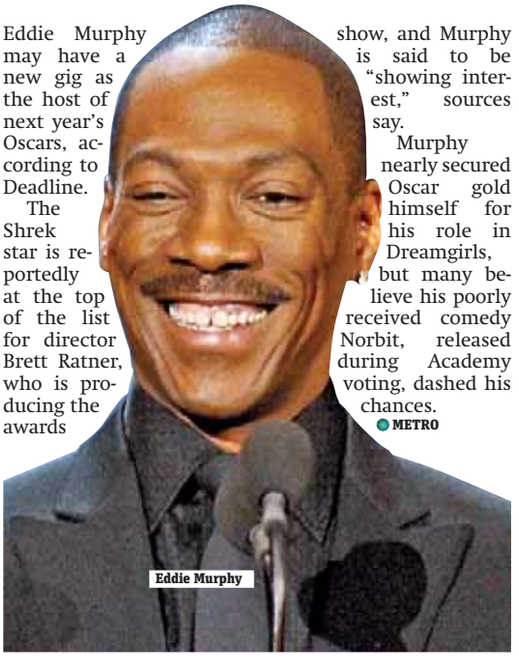
Madonna brought her directorial debut, W.E., to the Venice International Film Festival last week, but the critical drubbing her work received was hardly welcoming.

The film, about American socialite Wallace Simpson and starring Abbie Cornish, was dubbed "an extraordinarily silly, preening, fatally mishandled film" by the Guardian.

Variety declared that, "Burdened with risible dialogue and weak performances, the pic doesn't have much going for it."

The singer and first-time director will next head to the Toronto International Film Festival next week, where she's likely hoping for a warmer reception. METRO

Oscars may be in cards for Eddie



Eddie Murphy

Eddie Murphy may have a new gig as the host of next year's Oscars, according to Deadline.

The Shrek star is reportedly at the top of the list for director Brett Ratner, who is producing the awards show, and Murphy is said to be "showing interest," sources say.

Murphy nearly secured Oscar gold himself for his role in Dreamgirls, but many believe his poorly received comedy Norbit, released during Academy voting, dashed his chances. METRO

Celebrity tweets

@MrsLRCooper

Wow, people are being nice to me cause I'm pregnant. Doors being opened, people being helpful etc, its like a whole new world.

@ActuallyNPH

I think I'm gonna start tweeting about things I dig. Not 'shallow graves' or 'tunnels to China', more just random stuff that I like.

@mindykaling

I'm not wishing Beyonce happy birthday on twitter because I am wishing it to her in person on our yacht we share because we're close friends

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Last resort for addiction: Intervention

New Canadian show takes an unflinching look at people with drug and alcohol dependencies or other compulsive behaviour Based on the Emmy-nominated U.S. show

CELIA MILNE
LIFE@METRONEWS.CA

"If she doesn't get help real soon, she's not gonna live," says Don about his 26-year-old stepdaughter, Loren. She is an alcoholic in Windsor, Ont., and one of the people whose story is told on the new show Intervention Canada.

As a child, Loren was abused by her grandfather, and in her young life she has already suffered the loss of several people she loved. She is unemployed, with little hope. Her family believes she's close to death. It's time for an intervention. The new show, featuring people like Loren who desperately need help, premieres in back-to-back episodes this Friday at 8 p.m. ET on Slice.

It deals with Canadians who are addicted to drugs, alcohol or have other compulsive behaviours. Though addiction is common — affecting one in 10 people in Canada — intervention is a last resort and the majority of people never reach that stage, says Andrew Galloway, one of the interventionists on the show and a substance abuse specialist in private practice in Toronto.

"No one grows up wanting to be a crack addict or an alcoholic," says Galloway, who himself is a recovered addict. "They make bad choices. Once they cross that threshold into dependence, they no longer have the ability to make good choices. I know what it's like; I woke up too scared to ask for help, too ashamed to open up."

Galloway hopes the show gives viewers hope that they can live differently. For more information on the show, visit slice.ca/interventioncanada.

By the numbers

While Intervention Canada is all about the worst-case scenarios, serious cases of addiction are common, and are often linked with other mental illnesses. Here are some statistics from the Centre for Addiction and Mental Health in Toronto:

- About 20 per cent of people with a mental disorder also have a substance abuse problem.
- One in 10 people over age 15 report symptoms consistent with an alcohol or drug dependence.
- Only one-third of those who need mental health services actually receive them.

▶ Andrew Galloway, one of the interventionists on Intervention Canada and himself a recovered addict.

3 life

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Fifty years after the diet that made her rich, Weight Watchers founder remains slim

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Digging up the roots of good health

Long before Western, Chinese and homeopathic medicine, there was ayurveda, an ancient Indian health science
Model-turned-ayurveda yoga therapist 'Yogi' Cameron Alborzion talks us through the technique and its benefits

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The roots of ayurveda

If yoga was developed as science to bring balance and control to the mind, ayurveda is the sister science developed for the practitioner to bring balance to the body.

"Ayurveda is the science of life and the oldest medicine we know of," says yogi Cameron Alborzion. "We live in a society that's all about ego, changing nature, altering food and needing to know the purpose of everything. It's all about bringing balance to and cleaning the body."

The theory goes, we cannot perfect nature so we should live in line with it instead. Nothing should be artificial or chemically enhanced; rather, we should use what comes out for the ground as medicine and food. Food should be seasonal and you should eat nothing packaged or frozen or that has been in a microwave.

▶ The yogi's balancing act.

Ayurveda versus modern medicine

Modern medicine finds people looking at the symptoms then running to the doctor for pills to make things better, whereas ayurveda teaches you to read into your body and mind to define the cause of the disease-feeding symptom and treat the body to restore balance to the system as a whole. Without pills.

"Look at the body as a unit (body and mind) to diagnose what is out of balance and proceed to treat the symptom, going into the core of the pain and finding out where and why it began," explains Alborzion.

Dinyacharia: Daily cleaning

Early morning, Alborzion completes "dinyacharia," the ayurvedic cleansing ritual that prepares you to take on the day.

For you, that simply means spending time on yourself, opening the body through yoga and breathing, showering, brushing your teeth, oiling the body — these small steps root the mind and calm the senses. Attending to the body rather than downing a shot of coffee and heading out will lessen feelings of stress and agitation.

Diet: Less is more

What you need to eat will depend on your height, stomach and nutritional needs.

"There's a big misunderstanding when it comes to food," says Alborzion. "We live in a society based on comfort where most people sit in an office chair and use up little energy. The average adult needs food as a source of energy, not for building and too much food blocks the system."

Keep away from toxic foods that don't add anything to the body, as they will only cause your system to waste energy eliminating them.

Avoid dairy (too much can create a build-up of mucus), alcohol, and canned, processed or packaged foods.

Eat food with high water content such as fruits and vegetables and drink plenty of water and herbal teas throughout the day.

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Up and down

Bee venom botox
Ever since Kate Middleton's stepmother-in-law was reported to use a bee venom face mask, the beauty world has been buzzing with praise.

TV drama
A study shows that after the age of 25, every hour of TV watched might shorten lifespan by 22 minutes.

A scientific spin to great skin

Dermatologists discuss what you might be missing from your skincare regimen

JANINE FALCON
LIFE@METRONEWS.CA

Dermatologist-developed skincare, such as Murad, Dr. Brandt, Dr. Perricone and Skinceuticals, is a growing beauty category. Canada's expanding list includes blemish-clearing Kellett Skincare, by Dr. Lisa Kellett in Toronto; Riversol, a rosacea treatment line from Vancouver-based Dr. Jason Rivers; and anti-aging Miracle 10, by Dr. Frank Lista, who splits time between Toronto and Mississauga.

But beyond the medical association with derm-created skincare, what sets it apart from other beauty brands? Higher concentrations of pharmaceutical-grade ingredients, as well as formulations tailored to the doctor's specifications, are usually differentiating factors. For example, FormulaB, a new acne-easing trio of facial cleanser, toner and treatment cream by dermatologist Dr. Sandy Skotnicki, spins on four per cent benzoyl peroxide, a widely used acne-care antibacterial ingredient (standard drugstore level is two per cent).

Sometimes success comes from an ingredient rarely found in mass-produced products. Rivers based his Riversol for Rosacea formulation on a red cedar tree molecule he learned about via the department of forestry at the University of British Columbia.

Thujaplicin has antioxidant, anti-inflammatory and antibiotic properties; Rivers discovered its positive effects on rosacea when afflicted patients using Riversol, which launched in 2006, started to report improvements.

ISTOCK

▶ Skincare developed by dermatologists is on the rise.

In the case of Skinceuticals, a high-profile line launched stateside in 1997, its groundbreaking research and technology put it on the skincare map. Known for potent antioxidant formulas the skin can absorb, the brand sprang from studies delving into topical vitamin C and its properties.

"We've tested dozens and are able to get only four into skin: Ascorbic acid, alpha tocopherol, ferulic acid and phloretin," says chief medical consultant and co-founder Dr. Sheldon Pinnell. Ascorbic acid, a form of vitamin C, and alpha tocopherol, a form of vitamin E, work more efficiently in combination with ferulic acid to protect skin from age-inducing free radicals. Phloretin plus L-ascorbic and ferulic acids defends against free radicals, as well as repairs cellular damage.

Skinceuticals is now owned by L'Oréal and became officially available in Canada via select dermatologist offices and spas just over a year ago.

Where to buy

- Murad and Dr. Brandt, available at Sephora.
- Kellett Skincare, kellettskincare.com.
- Riversol, riversol.com.
- Formulab, formulab.ca.
- Miracle 10, miracle10.com.
- Skinceuticals, skinceuticals.com, 1-877-238-8754.

THE CANADIAN PRESS H/O

Blueberry Mini Muffins

Preparation:

1. Preheat oven to 220 C (425 F). Lightly grease 24 2.5-cm (1-inch) mini-muffin pan cups.
2. In a medium bowl, combine flour and sugar. Make a well in the centre; add milk, egg and melted butter. Stir gently until mixture begins to form a soft dough; fold in berries; spoon into mini-muffin cups, dividing evenly. Bake until tops are golden, 14 minutes.

Ingredients:

- 500 ml (2 cups) self-rising flour
- 125 ml (1/2 cup) sugar
- 175 ml (3/4 cup) milk
- 1 large egg, lightly beaten
- 50 ml (1/4 cup) butter, melted
- 375 ml (1 1/2 cups) fresh or frozen blueberries

THE CANADIAN PRESS/ B.C. BLUEBERRY COUNCIL

Chick-N-Joy: For all the true lovers of fried chicken

For 34 years, this eatery has been serving up chicken and all the sides

STEPHANIE DICKISON

▶ The 9 Piece Meal Deal ($21.99)

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

On a quiet corner in Leslieville East, the enticing aroma of fried chicken wafts through the air from a block away.

Family owned and operated Chick-N-Joy, here for 34 years, offers fried chicken, fries and salads.

The signage is still old, but the owners have updated the interior with modern touches such as stainless steel and cascading white lights.

Be warned: The chicken is addictive. It's got a Kentucky-like coating, but better — not greasy. It's peppery with moist meat underneath the batter.

Do as I did and get the 9 Piece Meal Deal ($21.99), and you'll have enough chicken for two lunches and dinners.

Each meal deal includes large fries, salad and large gravy. Chick-N-Joy doesn't skimp on the fries or gravy, though the gravy is like a skating rink cup of chicken soup.

And the salads add crunch (mixed bean and coleslaw) and creamy comfort (macaroni and potato).

Take it home or to the park. Just be sure to bring your own wet napkins.

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GIVE WHAT YOU CAN AFFORD

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

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Hi Charles!
Some co-workers and I are having a disagreement about what would be an appropriate amount to give as a cash gift for a wedding. Do you have any insights? Thanks!
Niall, Manitoba

ISTOCK

▶ The amount of cash to give as a wedding gift is often a source of confusion.

Hello Niall,

There is no rule about how much to give, although some people say you have to give at least the cost of your meal.

This, however, bothers me. If you invite someone to your wedding, it should be because you want him or her to join in your celebration, not because you're trying to raise money to cover the cost of the wedding! My golden rule has always been that you should feel comfortable giving what you can afford. It is unreasonable for anyone to expect you to go into debt in order to give a present.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Hit the karaoke bar with your partner so you can hit the high notes together.

Ideas for your next date

1 Warm up your vocals for some musical fun!
Channel your inner crooner and belt out your favourite tunes at your local karaoke bar. Try an oldie-but-goodie like Rod Stewart's Do Ya Think I'm Sexy? or make like the cast of Glee and try Beyoncé's Single Ladies (Put A Ring On It). Nothing's sillier/sappier than staring into each other's eyes and hitting (or trying to hit) those high notes!

2 First date do-over
Go on your first date all over again! Hit the kitschy restaurant where you first gazed into each other's eyes, and those wild butterflies will be flitting around your tummy in no time!

3 Experience the thrill of the hunt
Indulge your inner voyeur and check out some local open houses. Explore houses you've had your eyes on. While you might not be able to make the leap just yet, there's no harm in a little dream decorating!

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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Allan Small
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metro

BOOTSTRAPPING FOR TUTION

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Last week I encouraged students to get a job to help put a dent in hefty tuition bills. Many readers agreed. Others thought the column failed to address the larger social issue; that education in Canada has become obscenely expensive. I agree that the costs are extreme.

Students graduate with great career aspirations, loads of debt and a tough Canadian job market.

But, political and social views aside; students still have to find smart ways to manage their finances.

Students, working a part-time job to pay the bills is a great way cover costs, gain experience and meet people. And, work experience will make you highly marketable to employers!

If a job related to your field of study isn't available, try another industry. Eclectic experiences look great on a resumé and help diversify your skills. Or, become an entrepreneur and cut grass, deliver groceries, write or freelance. Whatever you do, work hard, add value, be personable and get references.

Educational funds are also available through student loans and lines of credit. But, with debt comes responsibility; only take what you need.

Draw up a budget. Using a spreadsheet or online banking budget tracking tool, list income and expenses (big and small).

Apply 'Financial Bootstrapping' techniques to live financially lean and frugal; reduce cellphone bills, dinners out, negotiate for better rental rates or move to a smaller place. Buy text books, laptops, desks and furniture second hand.

File a tax return. Even though you don't make significant income, by filing a tax return you begin accruing tax deductible RRSP contribution room for future years when you'll earn greater income. You're also entitled to receive a GST/HST credit, which can amount to hundreds of dollars in cash. If you're using student loans, you can claim federal and provincial tax credits for the interest paid throughout the year.

During tax season, students can claim valuable tuition credits, receive an education credit of $400 a month for full-time enrolment, and a textbook tax credit of $65 a month.

Unused credits can be carried forward into the future when a student earns more income.

Paying for school is difficult and it takes time to chip away at loans. But you're making an investment in your future. Education will open doors for you in terms of your career and lifestyle.

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5 Things not to do your first week

You're finally out of the house and settled in your dorm Make sure you avoid a few freshman faux-pas as you embark on this new chapter

ISTOCK

It's perfectly acceptable to adore your new digs, but don't get stuck in there all semester long.

Here is some advice on what not to do to make sure you have a good post secondary experience. Don't:

Live online
Chatting online with high school friends or using Skype to see a familiar face from back home is all well and good, but don't overdo it.

Do your best to avoid the temptations of social networking sites like Facebook and make some real life memories.

Be picky about plans
You might not find your best friends right away, but don't let that stop you from going out to find them.

It's important to get out and meet your classmates while everyone is still as new to campus as you, so even if you're not in love with the group — go!

Keep your door closed
During the first week, keeping your dorm door open is an easy way to let hallmates come in and meet you.

Buy out the bookstore
It's tempting to buy anything and everything with your school's name, but it's not something you want to be known for.

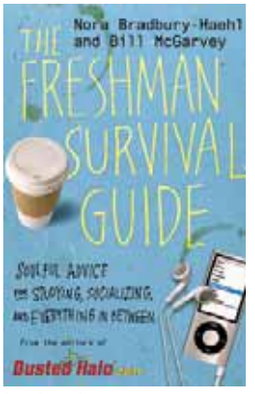
There's always one overzealous frosh that students can count on to be decked out in college swag from head to toe on any given day — don't let that be you.

Wait to get a job on campus
Returning students know how important it is to lock down a job as soon as possible, mostly from learning the hard way their freshman year.

The best work-study gigs are limited and go fast, so don't put it off. METRO

Figuring out the freshman

For their book The Freshman Survival Guide, authors Nora Bradbury-Haehl and Bill McGarvey of BustedHalo.com interviewed professors, administrators, campus ministers and students alike in order to give incoming freshmen a primer on practicalities they'll need to know their first year of college — and also to help them tackle the bigger questions. We went to McGarvey with some questions of our own.



What's the biggest mistake freshmen make when they start college or university?
They assume that everybody is going to be trustworthy, and a few weeks or months into the semester, you might realize that person you befriended can be not really worthy of your trust. You spend 18 years getting to this point and you have friendships and networks with people that know you and who you are: Don't just chuck them out the window because you're in college and everything is exciting and new.

Why did you choose to include matters of faith in your book? A lot of similar guidebooks don't.
That's kind of the reason why. There's a lot of books out there about getting into school and making yourself a success in college, but there was nothing in there that dealt with the whole student. These books almost seem to assume that these students were a collection of brain cells and hormones. College kids are less religious but they're definitely getting more spiritual.

What should every freshman know upon starting post-secondary school?
You're spending good money to get an education and there are enormous resources at your fingertips. You're gonna run into challenges, but there are places to turn and people that are there to help you.

Can you expand on the book's web component?
I came from a web background, and I wanted to make sure that our book reflected the way younger students read and interact with the media now. Throughout the book there are chapters where you can go online and get special information or contribute. METRO

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Redemption song

Mentor targets youth anger with music Teaches troubled to vent their frustrations with their voices

▶ Musician and mentor Gary Martin, right, plays his guitar as his student Ryan Perez raps.

Ryan Perez knows all about anger.

At age 17, he was an angry young man, hanging out with the wrong crowd in a low-income neighbourhood in Calgary and flirting with a possible life of crime and drug abuse.

Now, 10 years later, he has a job, a home, a fiancée, a two-year-old son and a burgeoning musical career.

"There's a lot of people I know who are still in jail or they have a drug problem. I was able to excel beyond that," said Perez in an interview with The Canadian Press at his northeast Calgary home.

"I can only speak for black youth and a lot of the males are misguided. We don't do well in school and our mothers are never around because they're working two or three jobs."

His life changed when he met longtime blues guitarist and musician Gary Martin, a Chicago native and martial artist who was once the leader of the Motown Review, a touring group of Motown musicians.

"...For the first time in their life they're getting a chance to first of all be public about it and secondly come up with a solution."
GARY MARTIN, MENTOR

Martin, 57, has performed with artists such as Pinetop Perkins, Howlin' Wolf, Luther (Guitar) Johnson, and Billy Branch and appeared off and on with the legendary Motown Funk Brothers for close to 30 years.

Martin, who also spent six years with the U.S. military police, estimates he has mentored about 1,400 troubled youth in his life.

"I listen to their story. If they're not real angry I will deal with them. If they're very angry I won't touch them," explained Martin, who uses a combination of martial arts and music to reach his charges.

"I teach the kids how to express themselves. I will make them come up with the most difficult situation they're unhappy with and tell them next week, you come back and write me a beautiful song about how you hate getting up and going to school," he said with a chuckle.

"Now you have to write me a song on how you're going to make a difference and for the first time in their life they're getting a chance to first of all be public about it and secondly come up with a solution."

Martin also works with the National Gang Crime Research Centre in his native Chicago and specializes in gang prevention. He said learning how to express is the only way to deal with the anger.

"We keep tearing away the layers of 'Why are you angry? Why are you angry?' And once they get to the part where they realize they can no longer be angry and then they start to find themselves," said Martin.

THE CANADIAN PRESS

Clicking around with care

Kid-friendly social networks are now offering 'training wheels' for younger web surfers

It's a virtual jungle out there, especially for the young, where it seems cyberbullies, online predators, smut and targeted advertising is lurking around every corner.

Even those ubiquitous social networking sites are a worry for parents, who sometimes react by trying to keep their children from interacting online.

But there are sites offering social networking services specifically designed for kids. And their creators of such say they offer a safer, more age-appropriate opportunity for children to interact online and prepare to be good digital citizens, although some observers fear they still expose children to advertising and put their privacy at risk.

Mainstream social networking sites such as Facebook have age restrictions to keep younger users off but those rules aren't stopping kids from signing up. Facebook requires users to be at least 13 but Consumer Reports estimates 7.5 million users below that age have accounts.

Kid-friendly social networking sites reverse that and go for those younger users, with some such as Disney's Club Penguin targeting children as young as six, and try to keep out adults. Parents are allowed to monitor their children's activities.

Togetherville, also owned by Disney, links accounts to parents' Facebook pages, while WhatsWhat.me users facial recognition technology to verify users.

Chad Perry, founder of ScuttlePad, a site for users aged six to 11, says his service is designed to provide a safe space while preparing children for their online lives as they grow up. Once a parent signs their child up, young users on ScuttlePad put together a profile, add friends and can share photos and updates.

"ScuttlePad . . . teaches social networking fundamentals and encourages developing language skills in a safe and secure environment," Perry wrote in an email.

"Most kids don't know how to protect themselves from online predators or bullying. Just like we teach our kids to cross the street safely, we need to teach them to use social networks safely as well."

THE CANADIAN PRESS

Safe surfing

The ScuttlePad setup:

- ScuttlePad has created a list of about 6,000 approved words that members can use. Inappropriate language is kept out, as are any identifying words such as street or city names.
- Moderators watch over the site and all photos are manually approved before appearing online.

ISTOCK

▶ Searching through new social media sites along with your child will teach both of you to discern the bad from the good.

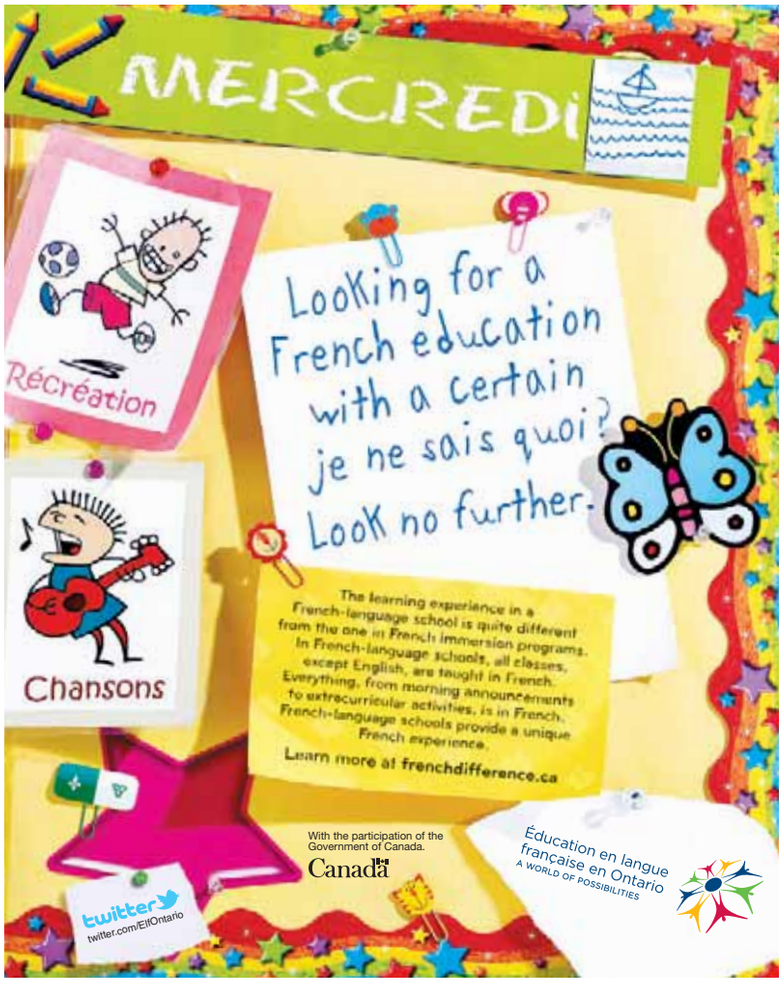
Woot, woot for Oxford

Sexting and cyberbullying are just a couple of the 400 additional words in the new 12th edition of the Concise Oxford English Dictionary. Pretty progressive, considering that little squiggly red line still appears below them in Microsoft Word.

The new edition also includes domestic goddess, woot, gastric band, textspeak and slow food.

The dictionary has certainly come a long way since its first edition in 1911 when flapper, foozle, bungle and piffle were included as slang words.

"Sadly, the new edition has no room for tremendous words like brabble (paltry noisy quarrel) and growlery (place to growl in, private room, den)," says editor Angus Stevenson. METRO



THE TYPE OF WORKER WHO CAN WRECK A CASE

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

"The pen is mightier than the sword" - Edward Bulwer-Lytton

Too often employees ruin their own perfectly good cases. Mostly, these employees fail to pick their battles, especially with their own lawyers. Here are the various types of "losers" and the reasons why they just love to fail.

The Penny Pincher They want substantially more from a lawyer than what they are willing to pay for. They will invest more time searching for a free lawyer than had they just agreed to pay for a good one from the outset. They will always argue over getting the last penny in any deal, which ironically will cost them more in the long run.

The Know-it-All They have a well strategized plan about how they will win their case. The problem is that they are often wrong and they are never willing to admit it. They will listen to their lawyers but as soon as they do not get the answer they want to hear, they will take a course of action that will inevitably make their case harder to settle.

The Story-tellers They tell fabulous stories about their cases, except that these stories are always far from the truth. They will convince themselves that they have a great case, worth many millions of dollars and that their employers will open their wallets to silence their claims. The problem is that if their employers and even their own lawyers do not believe them, a judge almost never will either.

The Bully They are so used to getting away with mischief that they can never foresee their behaviour catching up with them. However, when it eventually does (and it always does) the bully falls harder than anyone. They get little sympathy from ex-employers and even less from the judges.

The Napoleon This class of employee will fight for just about everything. They will challenge performance reviews, workplace policies, hiring decisions and most definitely they will challenge firing decisions. They will invest more time and energy in court than had they just moved on and found another job. However, they are great clients because I often see them more than once.

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BACK IN THE GROOVE

RETURNING TO SCHOOL MEANS FINDING ROUTINE FOR ENTIRE YEAR

Getting back into a college or university routine can be tough whether you are coming back from the summer break or returning to education for the first time in years.

Jason Hunter, dean of students at Toronto's Humber College, says the first step should be going to orientation week, a.k.a. Frosh Week.

"People have a perception that orientation is a week of fun and partying, but, in reality, the orientation programs are intended to provide every student with an orientation to the campus and the resources available," he says.

"It connects students to each other and to faculty."

If you skip orientation week and try to orient yourself later, you will find it much harder and will miss lots of stuff.

"You should recognize all of the resources that are available to you at any college or university. You've effectively already paid for them through your tuition — take advantage of them," Hunter says.

When it comes to budgeting time and money, think not just for the first week, but the whole year.

"They may have all that (funding) up front and the temptation (to blow it)," Hunter says.

Instead, divide the money by eight months and stick to that budget.

If your classes have regular tests, you might not have to worry about time management, but if it's slanted to end-of-year work, you need to budget your time so you stay on track from the start. Your school may have programs to improve your budgeting skills.

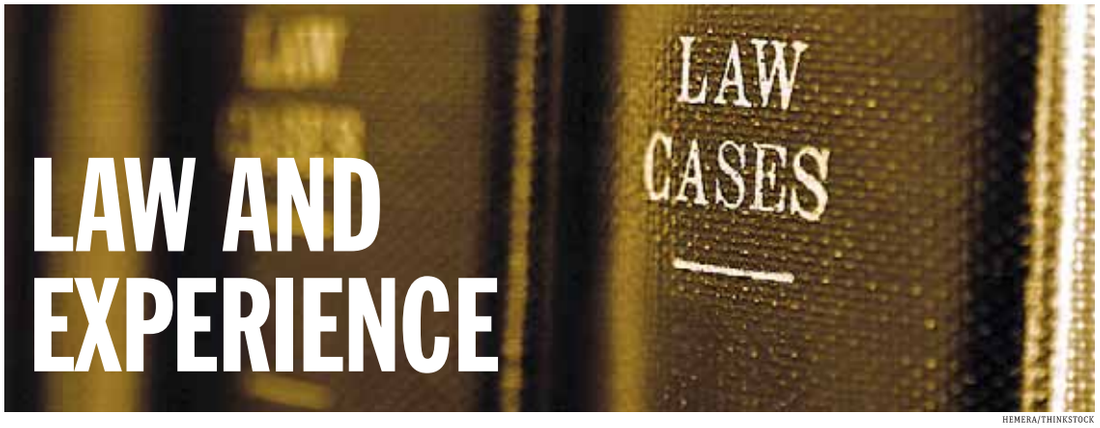
Rachel Bouska of Alberta's Department of Advanced Education and Technology says going back to school can be especially disorienting if you are an adult returning after a gap of years, perhaps since high school.

Bouska says a lot of back-to-school stress is caused by finances, so students should explore what help is available. There are plenty of academic and athletic scholarships and bursaries for students, and some go unclaimed. Check with your provincial government and post-secondary institution to see what financial help you qualify for.

"There are always supports in place," she says. "A post-secondary education is one of the best investments someone could make." — *Jon Tattrie*

EDUCATION WORTH THE INVESTMENT

Post-secondary education can cost a lot up front, but experts say it is an investment that will amortize over many years. According to the Ontario Ministry of Training, Colleges and Universities, post-secondary graduates earn $1 million more over their lifetime than those without degrees or diplomas. It says the unemployment rate for post-secondary graduates is seven per cent. For high school graduates, it's nine per cent; among high school dropouts, it's 15 per cent.



HEMERA/THINKSTOCK

LAW AND EXPERIENCE

U OF T PROGRAM PREPARES FOREIGN-TRAINED LAWYERS

The University of Toronto Faculty of Law offers the Internationally Trained Lawyers Program (ITLP), which opened its doors to students in May 2010 to assist foreign-trained lawyers seeking to practise law in Ontario.

The 10-month program combines academic training with an unpaid internship and prepares qualified students for the National Committee of Accreditation (NCA) exams and educates them about the licensure process.

Program director Gina Alexandris says that many foreign-trained lawyers arrive with qualifications but not that all-important Canadian experience. "Many of them have not been in a classroom setting for years because they've been practising in their home jurisdictions and, in addition, many of them have learned in a very different format and a different way of teaching and learning."

Dinah Bal

The goals of the program are twofold, explains Alexandris. "On the one hand, it's to support them with their academic preparation for the challenge of exams. The other element is the career support; getting to know what to expect in a Canadian legal environment, developing a network and getting some of that Canadian experience. So we have an internship for our students and they get to actually be in a workplace setting; this year it's three months, so they actually get to engage in law work here in Ontario that they might not otherwise have exposure to."

Dinah Bal explains some of the challenges she experienced coming to Canada as a lawyer from the Philippines.

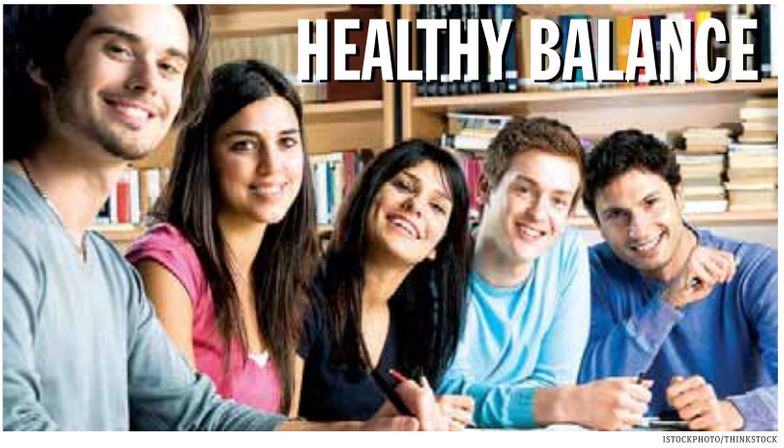
"Having had no in-depth prior knowledge of what the Canadian substantive laws are, and what actual legal practice entails, I was like a sponge, trying to soak up as much as I can about the legal practice and the legal concepts of Canada, in general, and Ontario, in particular.

"Hearing first-hand accounts from the panel about their own journey and the real challenges that each had to face inspired me to forge ahead despite my own fears and the demands of raising a family and holding on to my current job."

UNIVERSITY OF TORONTO PHOTO

COURSE HIGHLIGHTS

- $4-million grant from the government of Ontario in June 2009.
- Three-month internship at workplaces to give students exposure to critical "Canadian experience."
- Fifty different partner law firms provide internships and mentoring.
- NCA accreditation exam takes foreign-trained lawyers to the equivalent of a Canadian graduate.
- Program prepares students for the licensure process, commonly known as the bar exam.
- Students are trained for Canadian application, resumé preparation and interview process.



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TIPS TO GET MOST BANG FOR STUDY BUCK

If you're one of many students worrying about returning to university or college and handling all of the pressures that come with attending classes, working part time and trying to have a social life, you're not alone.

Dr. Mark Berber, a professor in the Department of Psychiatry at the University of Toronto, offers the following tips on how to get the most bang for your study buck:

GET A GOOD NIGHT'S SLEEP. Aim for at least eight solid hours per night. Adequate rest will improve your ability to focus on your study materials.

SET ASIDE ENOUGH TIME TO STUDY. Completing assignments and reading background material is time consuming, so make sure you schedule enough time to deal with all of your coursework.

GET ORGANIZED. It can be stressful to juggle multiple classes and subjects, never mind a part-time job, social life and varsity sports games and practices. A day planner can be a valuable organizational tool.

SET PRIORITIES. Each night before you go to bed, make a list of the things that you need to get done the next day. Then review the list carefully and put a star by only those items that you absolutely have to get done that day.

MAINTAIN A HEALTHY BALANCE. Although it's important to set aside time to study and do homework, it's also important to have some fun. Going for a run, playing sports, dancing, eating well and listening to music are important ways to relax. If you are relaxed, you will be better able to retain information when you study.

DON'T FALL INTO A TRAP

POST-SECONDARY LIFE CAN BE CHALLENGING

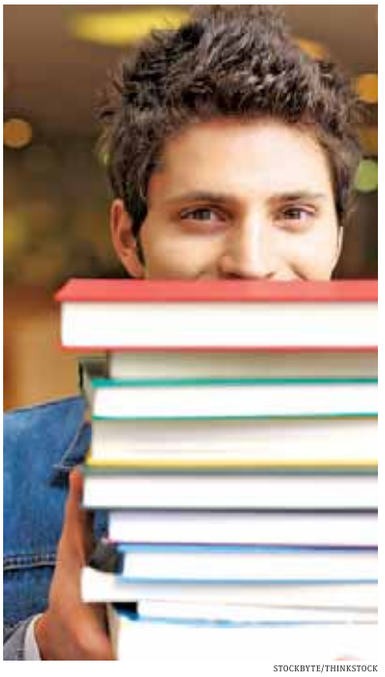
Some don'ts of post-secondary life:

1 **"DON'T CRAM"** — All students do it, but Eyobe Melketsadik, a psychology major at Grant MacEwan University in Edmonton, cautions against it. "Maybe you'll pass the test, but you aren't actually learning anything," he says. Study frequently and it won't necessitate cramming.

2 **"DON'T SPEND YOUR STUDENT LOAN IN ONE DAY"** — A student loan might seem like a financial windfall, but it's meant to last a while, so it's crucial that students budget their money appropriately. If students are unsure of where to start or need some help, most post-secondary institutions have support people to help you with that kind of thing, says Lori Foran, the student life co-ordinator at the Nova Scotia Community College.

3 **"DON'T FORGET TO REACH OUT IF YOU'RE STRUGGLING"** — Foran says there are many resources in place at post-secondary institutions to allow students to connect with people whose jobs are simply to help students so they can be successful, such as providing budgeting or counselling services.

4 **"DON'T FORGET TO EDIT YOUR OWN WORK"** — Kaylene McTavish, a third-year public relations student at Mount Royal University in Calgary, recommends editing assignments at least three times before submitting them. She also advises against editing at 3 a.m. and assuming that Microsoft Word will catch your mistakes for you.



STOCKBYTE/THINKSTOCK

5 **"DON'T DEPEND ON OTHER PEOPLE FOR NOTES"** — Other people's notes don't usually make sense, says Bre Milne, a fourth-year English student at St. Mary's University College in Calgary. Plus, shouldn't one be at the class to take notes for themselves?

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ANALYZING A NEW BUSINESS MODEL

INDUSTRY TRENDS INTERPRETED AT CENTENNIAL

Centennial College's new Marketing/Research and Analytics certificate program prepares graduates with the skills needed to analyze and interpret industry trends and client behaviour. The program is one year (two semesters) in duration and employment prospects are good in the GTA. Centennial has collaborated with industry leader SAS to offer the program, tailored for college and university graduates looking for a unique specialty.

"We started doing this three years ago, looking at what the industry needed, what kind of jobs were out there and what kind of skills were needed in today's marketplace," explains Victor Sousa, professor and co-ordinator of operations management.

Over the past five years, organizations have been under tremendous competitive pressures, resulting in the need to take a different look at the business model. Using all the data that's out there, both externally and within the organization, is becoming critical as a competitive tool.

"Analytics is an area which is booming in the industry today, and the reason is that companies are looking for faster and more effective ways of making decisions. The problem is that they don't have the information at their fingertips. They have plenty of data with today's technology, but they need to translate that into information that allows them to make decisions quickly, not taking months, but very fast and effective decisions," says Sousa.

CENTENNIAL COLLEGE PHOTO

Responding to market demand, Centennial College's program advisory committee recognized the need for a program specifically designed to address those students looking for a career in the fast-growing world of business analytics.

HANDS-ON LEARNING

Program graduates can work as:
• Marketing Research Analysts; Web Marketing Analysts; CRM Analysts; Direct Response Analysts; Online Marketing Analysts; Data and Analytics Specialists; Loyalty Program Analysts; Sales Data Analysts; Marketing Strategy Analysts.

Program benefits include:
• Taught by professors with extensive experience in marketing research.
• Hands-on focus in areas like questionnaire design, data manipulation, quality control and development of programs.
• Strong focus on the use of applied marketing research and analytics.
• Hands-on training in SAS Enterprise Guide and Enterprise Miner.

Cameron Dow, SAS vice-president of marketing says," SAS has clients coming to us continually looking for more analytic talent and I think that Centennial is showing a lot of leadership in putting together a very specific program that will equip students to fulfil that need."

SHARING INFORMATION

ONTARIO COLLEGES ADDRESS SKILLS IN COMMUNICATION

Seneca College offers an Occupation-Specific Language Training (OSLT) program for business entrepreneurship, sales and marketing. OSLT helps newcomers to Canada to learn language and socio-cultural communication requirements at an intermediate English level.

Seneca student Lena Borisov says, "As a newcomer I have a kind of lack of self-confidence and this course really helped me to gain this self-confidence in the North American market of jobs, especially when it comes to entrepreneurship and marketing and sales. As my current job is related to marketing, it was very useful for me."

The course addresses the language and communication skills needed to find and share information with others. Students are taught to communicate using technology such as the telephone and email, and to manage interactions with colleagues, clients and business associates. Sector background knowledge and culture relevant to the workplace context in Ontario are addressed in communication practice tasks.

"We had different subjects; meeting setups, phone calls, emails, everything," says Borisov, who is originally from Uzbekistan. "It's very useful. First of all, this course helps you to adjust yourself to the North American market. Because we came from different cultures, we have no idea what it's like — elementary behaviour with your boss within the company, with Canadians — because it's all different and so you should know how to behave, how to react, very simple things like that we learned."

For more, see co-oslt.org.

Lena Borisov

DUNCAN MCALLISTER PHOTO

MANY OPTIONS

Occupation-Specific Language Training Courses are available for the following sectors:
• Business; Health Sciences; Human Services; Technology; and Skilled Trades.

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WEBSITE: www.co-oslt.org

Courses are available at one or more of these GTA colleges.
* Candidates are permanent residents or protected persons who have intermediate-level English (CLB 6 to 8)

HUMBER Seneca Sheridan OSLT FLAP COLLEGES ONTARIO | COLLÈGES ONTARIO

Patient Jays activate McGowan

Dustin McGowan's long road back to the major leagues is complete.

The Blue Jays activated the right-hander off the 60-day disabled list yesterday.

The 29-year-old hasn't pitched with Toronto since leaving a July 8, 2008, game against Baltimore with shoulder pain.

Surgery followed soon after and he wasn't able to pitch until the spring of 2010 before more problems surfaced. The former first-round pick underwent a second shoulder surgery last June.

"It's been over three years — it feels like 10," McGowan said yesterday. "It seems like the last couple of days I've been a little nervous. It's like getting called up for the first time, that's what it feels like."

The Jays re-signed McGowan to a one-year deal worth $450,000 US back in December.

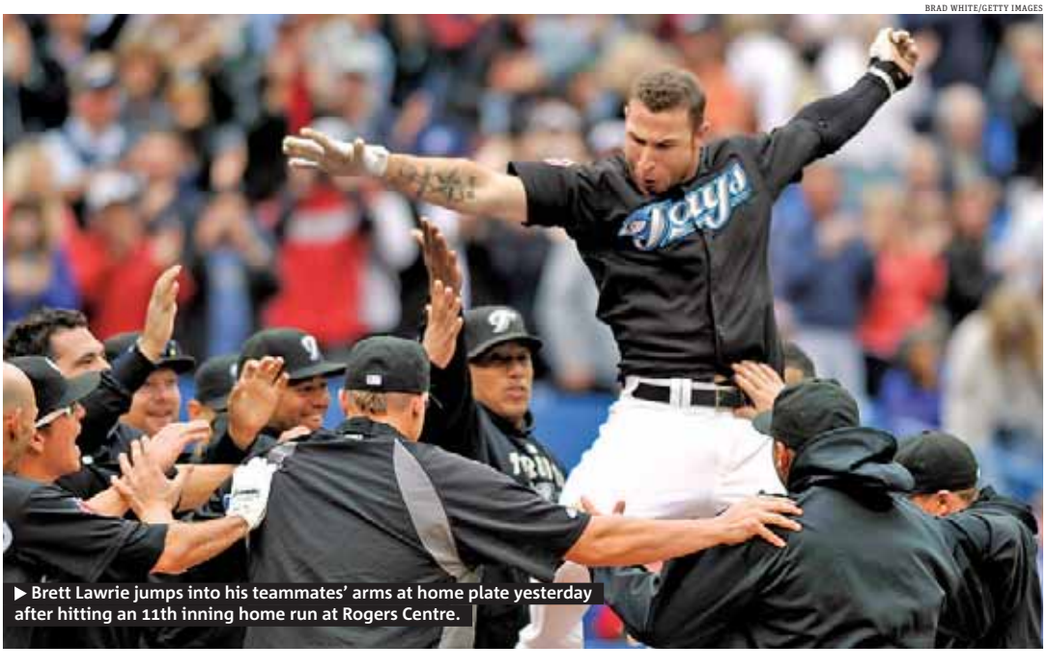
He is 20-22 in his career with a 4.71 earned-run average. His best season was in 2007 when he finished 12-10 with a 4.08 ERA.

McGowan will be used as a reliever for the rest of the season.

THE CANADIAN PRESS

"I hope to be a starter again. But I just want to finish this season out strong and look forward to that next year."
DUSTIN MCGOWAN

BRAD WHITE/GETTY IMAGES



▶ Brett Lawrie jumps into his teammates' arms at home plate yesterday after hitting an 11th inning home run at Rogers Centre.

The Canuck is clutch

'This has been a re-occurring theme here,' Farrell says after Lawrie homer

Brett Lawrie continues to perform when the Toronto Blue Jays need him most.

The 21-year-old from Langley, B.C., hit a two-out home run in the bottom of the 11th inning yesterday as Toronto (70-71) edged the Boston Red Sox (84-56) 1-0.

Lawrie blasted a 1-1 fastball from Dan Wheeler (2-2) into the seats in left-centre for the walk-off win.

"I don't really feel any pressure," Lawrie said. "I think it's just another at-bat. If you go up there thinking there's pressure you apply that on yourself, you're not going to have a good at-bat.

"You try to do your best for the team and try to get a pitch you can handle and try to do some damage."

BLUE JAYS	RED SOX
1	0

The rookie third baseman has now gone deep eight times since being promoted from triple-A Las Vegas and making his major-league debut on Aug. 5 in Baltimore.

"He's a tremendous athlete," said Jays manager John Farrell, who returned yesterday after missing 10 games with pneumonia. "He doesn't get caught up in the moment as far as what happened previously ... he's about what can I do in this particular instance, in this pitch, this play defensively, offensively. And we've seen it not just today. This has been a re-occurring theme here."

The home run made a winner of Shawn Camp (3-3) and ended a three-game losing streak for Toronto.

Lawrie's heroics took some attention away from another 21-year-old, right-hander Henderson Alvarez who pitched six scoreless innings in a no decision.

Alvarez extended his runless string to 14 innings after holding the Red Sox to four hits and lowered his earned-run average to 2.95. He pitched eight shutout innings for his first major-league victory in his previous outing in Baltimore

"He had tremendous movement, just natural movement," Red Sox manager Terry Francona said. "The ball was diving all over the place."

Boston starter Josh Beckett was matching Alvarez pitch-for-pitch at the beginning of the game but had to leave with two out in the fourth with a sprained ankle. THE CANADIAN PRESS

4 sports

Quoted

"I was dreaming of that before. I was always telling myself before, 'One day, I'm going to be that guy.' "
NEW YORK YANKEES ROOKIE JESUS MONTERO, WHO HIT HIS FIRST TWO MAJOR LEAGUE HOME RUNS YESTERDAY AGAINST BALTIMORE. FOUR GAMES INTO HIS BIG LEAGUE CAREER, THE 21-YEAR-OLD CATCHING PROSPECT IS BATTING .385 (5 FOR 13) WITH FIVE RUNS AND THREE RBIS.

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Als get hammered

Cobourne, Glenn spark Tiger-Cats to big win

Avon Cobourne and Kevin Glenn couldn't decide who was hotter in Hamilton's 44-21 Labour Day victory over the Montreal Alouettes.

Cobourne, who rushed for 102 yards and two touchdowns against his former teammates, said quarterback Kevin Glenn was "on fire."

But Glenn was having none of that, responding, "He (Cobourne) was on fire. I touched him one time and burnt my hand. That's what happened to my thumb."

Glenn was referring to the moment he left the game briefly to get some work done on his throwing hand, but it didn't slow down his offence, which produced 390 yards of net offence in a balanced attack on the ground and in the air.

Out west

The Edmonton Eskimos vaulted into first place in the CFL's West Division with a 35-7 win over the Calgary Stampeders yesterday.

Calgary and Edmonton were tied atop the division at 6-3, but the Eskimos are now ranked higher because they're 2-0 versus the Stampeders this season.

"You tend to have a lot of success when you have a balanced attack," said the pivot who completed 14 of 18 passes to six receivers for 237 yards, one TD and no interceptions. "The offensive line did a good job and, like I've said, him (Cobourne) running the ball helps me out a lot."

It was all love in the Ticat dressing room after the huge win that was underlined by an even hotter defensive effort holding the Montreal offensive unit to just seven points — two field goals and a single. The rest came off of Montreal defensive plays. The Hamilton effort was highlighted by a goal line stand in the final minute of the first half.

Defensive back Stevie Baggs attributes the success against the best offence in the league to paying attention to the little things.

"We've been holding ourselves accountable to paying attention to detail and doing the small things right," he said. "Every game that we've let slip away this season, it's been due to the lack of detail."

THE CANADIAN PRESS

Serena Williams returns a shot to Ana Ivanovic yesterday.

MEL EVANS/THE ASSOCIATED PRESS

Williams reaches quarter-finals

Serena Williams fought off the wind, along with brief flurries of effectiveness from her opponent, to advance to the quarter-finals of the U.S. Open yesterday with a 6-3, 6-4 victory over Ana Ivanovic.
The top player on the men's side, Novak Djokovic, also advanced with a 7-6 (14), 6-4, 6-2 victory over No. 22 Alexandr Dolgopolov.

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Colts facing Week 1 minus Manning

Star QB told to stop practising No surgery scheduled

The unthinkable suddenly seems possible in Indianapolis — opening the season without Peyton Manning.

The four-time NFL MVP who has never missed a start in his career, is doubtful for Sunday's game at Houston because of soreness in his back following off-season neck surgery. If Manning sits, it would be the first time the NFL's active iron man missed a game after 227 starts including the playoffs.

"I hate it for Peyton," said Pro Bowl centre Jeff Saturday, one of Manning's closest friends. "You want him to be healthy, you want him to be back, but you want him to take care of it, too. It's sad when players face tough times, but I know he's strong enough to get through it."

Team officials have not said how much longer it could take Manning to recover.

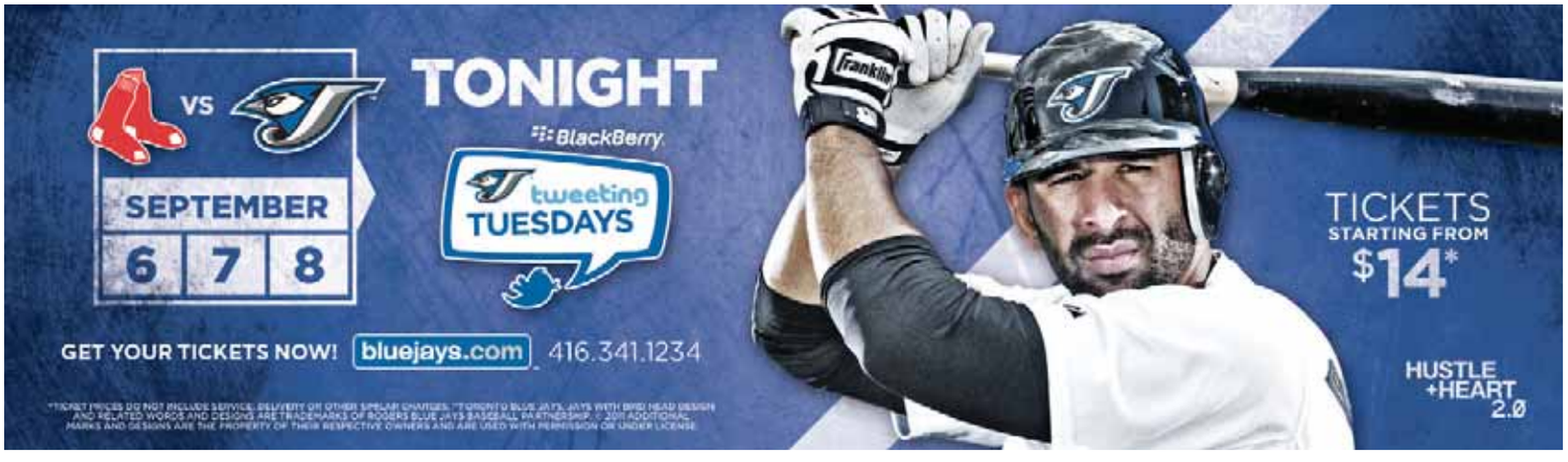
Manning had surgery to repair a nerve May 23. He was expected to be healthy for training camp, but the recovery has taken longer than the expected six to eight weeks. He wasn't activated till last Monday.

He did limited work last week, which led to complaints of back pain. The team issued a statement yesterday saying that team doctors re-evaluated Manning over the weekend and instructed him to stop practising while he undergoes more tests.

THE ASSOCIATED PRESS

JOE ROBBINS/GETTY IMAGES

▶ Thirty-eight-year-old Kerry Collins has been sharing quarterback minutes with Curtis Painter as the Colts await Manning's return.



MLB playoff push lacking spark in final month

September is upon us, and intrigue is unusually absent with the post-season looming.

The contenders have been identified, and the pretenders are looking forward to the off-season.

Four of the six division leaders have cushions of at least six games, and the wild-card races are all but over. The Phillies, Brewers and Diamondbacks are rolling to division titles in the National League, with the Atlanta Braves enjoying a comfortable lead over St. Louis and San Francisco for the NL wild card.

Things are a little tighter in the American League, which features the only two races worth watching. Justin Verlander and the Tigers are up 7 ½ games on the Cleveland Indians in the AL Central, but it gets interesting on both coasts.

Series with sizzle

Barring any major collapses, these two series will be the ones to look forward to in the AL East and AL West:

- **Rangers at Angels, Sept. 26-28:** If the Angels stay within three games of Texas, the final series of the year will give them a chance at home to surge to the top.
- **Yankees at Red Sox, Sept. 23-25:** A three games series in the Bronx in the second-to-last series of the regular season for both teams.

The New York Yankees and Boston Red Sox are neck-and-neck in the East yet again. And even though the loser of the race will get into the playoffs, the division title and valuable playoff positioning is at stake.

The defending AL champion Texas Rangers have seemed like the class of the West for most of the season, but the Los Angeles Angels and their stellar rotation just keep hanging around. The Angels were 3 ½ games back yesterday with 22 games to play, plenty of time to make their move.

The champion Giants already have started cutting veterans loose, so if the Rangers falter in the AL, that would mean that neither team from last year's World Series would make the playoffs for just the third time since 1991, according to STATS, LLC.

The Cardinals and Tigers failed to make it in 2007 after facing off in the '06 World Series and the White Sox and Astros both missed out in 2006 after playing in '05.

THE ASSOCIATED PRESS

September storylines

Here's a quick look at what to watch for as the 2011 regular season winds to a close:

Best races

AMERICAN LEAGUE

Derek Jeter has put questions about being washed up behind him as the Yankees hold a 2 ½-game lead over the Red Sox in the AL East. The Rangers led the Angels by as many as seven games in mid-August in the West, but stellar pitching had L.A. only 3 ½ games back yesterday.

MVP watch

AMERICAN LEAGUE

Verlander (21-5, 2.34 ERA, 224 Ks, four CGs) is a popular pick to be the first MVP pitcher since Oakland closer Dennis Eckersley in 1992. Blue Jay Jose Bautista and Yankee Curtis Granderson are also in the running. Dustin Pedroia, Jacoby Ellsbury and Adrian Gonzalez could split the vote in Boston.

MVP watch

NATIONAL LEAGUE

Ryan Braun (.335, 26 HRs, 94 RBIs, 35 2Bs, 31 SBs) and Prince Fielder (.295, 31 HRs, 107 RBIs, 31 2Bs, 90 BBs) have powered the Brewers to the top of the NL Central. Matt Kemp (.320, 32 HRs, 105 RBIs, 37 SBs) is having the best season in the NL, but the Dodgers haven't been a factor in the West for over two months.

Spoiler alert

RAYS, A'S

A few teams can still play a role in the playoff picture despite being out of it for months. The Rays face Boston seven times this month and the Yankees six times in the last nine days of the season. The A's face both the Angels and the Rangers six times in the final three weeks.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	86	53	.619	—
Boston	84	56	.600	2½
Tampa Bay	77	63	.550	9½
Toronto	70	71	.496	17
Baltimore	55	84	.396	31

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	79	62	.560	—
Cleveland	70	68	.507	7½
Chicago	69	69	.500	8½
Kansas City	59	83	.415	20½
Minnesota	58	82	.414	20½

WEST DIVISION

	W	L	Pct	GB
Texas	80	62	.563	—
Los Angeles	76	64	.543	3
Oakland	64	77	.454	15½
Seattle	58	81	.417	20½

Yesterday's results
Toronto 1 Boston 0 (11 innings)
Chicago White Sox 2 Minnesota 1 (1st game)
Detroit 4 Cleveland 2
Kansas City 11 Oakland 6
N.Y. Yankees 11 Baltimore 10
Tampa Bay 5 Texas 1
Chicago White Sox at Minnesota (2nd game)
Seattle at L.A. Angels

Sunday Results
N.Y. Yankees 9 Toronto 3
Cleveland 9 Kansas City 6
Detroit 18 Chicago White Sox 2
L.A. Angels 4 Minnesota 1
Oakland 8 Seattle 5
Tampa Bay 8 Baltimore 1
Texas 11 Boston 4

Saturday Results
N.Y. Yankees 6 Toronto 4
Boston 12 Texas 7
Detroit 9 Chicago White Sox 8
Kansas City 5 Cleveland 1
L.A. Angels 10 Minnesota 6
Oakland 3 Seattle 0
Tampa Bay 6 Baltimore 3

Tonight's games
Baltimore (Tom.Hunter 3-2) at N.Y. Yankees (P.Hughes 4-5), 7:05 p.m.
Detroit (Porcello 12-8) at Cleveland (Carmona 6-13), 7:05 p.m.
Boston (Lester 14-6) at Toronto (L.Perez 3-2), 7:07 p.m.
Texas (C.Wilson 14-6) at Tampa Bay (Niemann 9-6), 7:10 p.m.
Chicago White Sox (Peavy 6-7) at Minnesota (Hendriks 0-0), 8:10 p.m.
Kansas City (Duffy 3-8) at Oakland (G.Gonzalez 12-11), 10:05 p.m.
Seattle (F.Hernandez 13-11) at L.A. Angels (E.Santana 11-9), 10:05 p.m.

Tomorrow's games
Detroit at Cleveland, 12:05 p.m.
Baltimore at N.Y. Yankees, 1:05 p.m.
Texas at Tampa Bay, 1:10 p.m.
Kansas City at Oakland, 3:35 p.m.
Boston at Toronto, 7:07 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	89	48	.650	—
Atlanta	82	58	.586	8½
New York	68	70	.493	21½
Washington	65	74	.468	25
Florida	62	77	.446	28

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	85	57	.599	—
St. Louis	74	67	.525	10½
Cincinnati	69	72	.489	15½
Pittsburgh	65	76	.461	19½
Chicago	61	80	.433	23½
Houston	47	94	.333	37½

WEST DIVISION

	W	L	Pct	GB
Arizona	81	60	.574	—
San Francisco	74	67	.525	7
Los Angeles	68	72	.486	12½
Colorado	66	75	.468	15
San Diego	61	80	.433	20

Yesterday's results
Arizona 10 Colorado 7
Chicago Cubs 4 Cincinnati 3
Milwaukee 4 St. Louis 1
Pittsburgh 3 Houston 1
San Francisco 7 San Diego 2
Washington 7 L.A. Dodgers 2
Philadelphia 9 Atlanta 0
N.Y. Mets at Florida

Sunday Results
Arizona 4 San Francisco 1
Atlanta 4 L.A. Dodgers 3
Chicago Cubs 6 Pittsburgh 3
Cincinnati 3 St. Louis 2 (10 innings)
Florida 5 Philadelphia 4 (14 innings)
Milwaukee 4 Houston 0
N.Y. Mets 6 Washington 3
San Diego 7 Colorado 2

Saturday Results
Arizona 7 San Francisco 2
Colorado 5 San Diego 4
Florida 8 Philadelphia 4
L.A. Dodgers 2 Atlanta 1 (10 innings)
Milwaukee 8 Houston 2
Pittsburgh 7 Chicago Cubs 5
St. Louis 6 Cincinnati 4
Washington 8 N.Y. Mets 7

Tonight's games
Atlanta (T.Hudson 14-8) at Philadelphia (Worley 10-1), 7:05 p.m.
Houston (Myers 3-13) at Pittsburgh (Lincoln 1-1), 7:05 p.m.
L.A. Dodgers (Lilly 9-13) at Washington (Strasburg 0-0), 7:05 p.m.
N.Y. Mets (Batista 4-2) at Florida (Volstad 5-12), 7:10 p.m.
Cincinnati (Leake 11-9) at Chicago Cubs (R.Lopez 4-6), 8:05 p.m.
Milwaukee (Gallardo 15-9) at St. Louis (Lohse 12-8), 8:15 p.m.
Arizona (Collmenter 9-8) at Colorado (Hammel 7-13), 8:40 p.m.
San Francisco (Surkamp 0-0) at San Diego (LeBlanc 2-4), 10:05 p.m.

Tomorrow's games
N.Y. Mets at Florida, 5:10 p.m.
San Francisco at San Diego, 6:35 p.m.
Atlanta at Philadelphia, 7:05 p.m.
Houston at Pittsburgh, 7:05 p.m.
L.A. Dodgers at Washington, 7:05 p.m.
Cincinnati at Chicago Cubs, 8:05 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Arizona at Colorado, 8:40 p.m.

BLUE JAYS 1, RED SOX 0 (11 INN.)

Boston	ab	r	h	bi	Toronto	ab	r	h	bi
Ellsury cf	5	0	1	0	McCoy ss	3	0	1	0
Pedroia 2b	5	0	0	0	Teahen ph	0	0	0	0
AdGnzl 1b	4	0	1	0	Arencii c	0	0	0	0
Aviles pr-3b	0	0	0	0	EThms lf	4	0	0	0
D.Ortiz dh	4	0	1	0	Bautist rf	4	0	0	0
Youkils 3b-1b	4	0	0	0	Lind 1b	4	0	1	0
Crwfrd lf	4	0	0	0	Encrnc dh	5	0	1	0
Reddck rf	5	0	2	0	KJhnsn 2b	5	0	1	0
Varitek c	4	0	0	0	Lawrie 3b	3	1	1	1
Scutaro ss	4	0	2	0	JMolin c	4	0	1	0
Wdwrd pr-ss	0	0	0	0					
Wise cf	4	0	0	0					
Totals	**39**	**0**	**7**	**0**	**Totals**		**36**	**1**	**6**	**1**

Boston	000	000	000	00—0
Toronto	000	000	000	01—1

Two outs when winning run scored.
E—Papelbon (1). DP—Boston 2, Toronto 1. LOB—Boston 10, Toronto 10. 2B—Ellsbury (37), Ad.Gonzalez (41), Reddick (15), Scutaro (15). HR—Lawrie (8). SB—McCoy 2 (9), Encarnacion 2 (7), Lawrie (5).

	IP	H	R	ER	BB	SO
Boston						
Beckett	3 2-3	3	0	0	1	6
Aceves	3 2-3	1	0	0	3	4
D.Bard	1 2-3	0	0	0	0	2
Papelbon	1	1	0	0	2	3
Wheeler L,2-2	2-3	1	1	1	0	0
Toronto						
H.Alvarez	6	4	0	0	1	4
C.Villanueva	1	1	0	0	1	0
Janssen	1	1	0	0	1	2
F.Francisco	2	1	0	0	1	2
Camp W,3-3	1	0	0	0	0	1

T—3:51. A—27,573 (49,260).

HOCKEY

IIHF WOMEN'S 12 NATIONS

ROUND ROBIN

GROUP A

	GP	WOT	WOTL	L	GF	GA	Pt
U.S.	6	6	0	0	48	1	18
Sweden	6	5	0	0	1	26	14	15
Canada	6	4	0	0	2	48	13	12
Finland	6	4	0	0	2	25	10	12

GROUP B

	GP	WOT	WOTL	L	GF	GA	Pt
Slovakia	4	1	0	0	3	5	17	3
Russia	4	0	0	0	4	5	32	0
Japan	4	0	0	0	4	2	32	0
Switzerland	4	0	0	0	4	3	43	0

Group C

	GP	WOT	WOTL	L	GF	GA	Pt
Germany	3	3	0	0	0	10	5	9
Norway	3	2	0	1	0	14	8	7
Czech Republic	3	1	0	0	2	6	10	3
France	3	0	0	0	3	3	10	0

Note: Three points awarded for a win in regulation, two for an overtime win and one for losing in overtime.

Saturday Result
At Vierumaki, Finland
Finland 4 Sweden 2

Friday Result
At Vierumaki, Finland
Sweden 3 Finland 1

END OF TOURNAMENT

TENNIS

U.S. OPEN

At New York

MEN

Singles

Fourth Round

Novak Djokovic (1), Serbia, def. Alexandr Dolgopolov (22), Ukraine, 7-6 (14), 6-4, 6-2.
Jo-Wilfried Tsonga (11), France, def. Mardy Fish (8), U.S., 6-4, 6-7 (5), 3-6, 6-4, 6-2.
Janko Tipsarevic (20), Serbia, def. Juan Carlos Ferrero, Spain, 7-5, 6-7 (3), 7-5, 6-2.

Doubles

Third Round

Mahesh Bhupathi and Leander Paes (4), India, def. Somdev Devvarman, India, and Treat Conrad Huey, Philippines, 6-4, 7-5.
Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, def. Jamie Delgado and Jonathan Marray, Britain, 6-7 (5), 6-2, 6-3.
Jurgen Melzer, Austria, and Philipp Petzschner (9), Germany, def. Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, 7-6 (3), 6-3.

WOMEN

Singles

Fourth Round

Anastasia Pavlyuchenkova (17), Russia, def. Francesca Schiavone (7), Italy, 5-7, 6-3, 6-4.
Andrea Petkovic (10), Germany, def. Carla Suarez Navarro, Spain, 6-1, 6-4.
Serena Williams (28), U.S., def. Ana Ivanovic (16), Serbia, 6-3, 6-4.

Doubles

Third Round

Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, def. Hsieh Su-wei, Taiwan, and Galina Voskoboeva, Kazakhstan, 6-3, 6-1.
Sara Errani and Roberta Vinci (15), Italy, def. Gisela Dulko, Argentina, and Flavia Pennetta (2), Italy, 4-6, 7-5, 6-2.
Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, def. Jessica Pegula and Taylor Townsend, U.S., 6-4, 6-2.
Maria Kirilenko and Nadia Petrova (5), Russia, def. Maria Jose Martinez Sanchez and Anabel Medina Garrigues (12), Spain, 6-2, 6-3.
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska, Poland, def. Alla Kudryavtseva and Ekaterina Makarova, Russia, 6-3, 4-6, 6-2.

MIXED DOUBLES

Quarter-finals

Elena Vesnina, Russia, and Leander Paes (7), India, def. Olga Govortsova, Belarus, and Marcin Matkowski, Poland, 6-2, 6-4.
Gisela Dulko and Eduardo Schwank (8), Argentina, def. Jarmila Gajdosova, Australia, and Bruno Soares, Brazil, 3-6, 6-3, 10-8 (tiebreak).
Lucie Hradecka and Frantisek Cermak, Czech Republic, def. Irina Falconi and Steve Johnson, U.S., 7-5, 7-5.
Melanie Oudin and Jack Sock, U.S., def. Barbora Zahlavova Strycova, Czech Republic, and Philipp Petzschner, Germany, 6-3, 7-6 (3).

GOLF

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Par-71
Final round
(x-won on second hole of playoff)

x-Webb Simpson, $1,440,000	69-68-67-65—269
Chez Reavie, $864,000	67-68-68-66—269
Jason Day, $416,000	67-69-67-68—271
Luke Donald, $416,000	66-70-68-67—271
Brandt Snedeker, $416,000	69-64-72-66—271
Jim Furyk, $288,000	69-69-66-68—272
Bo Van Pelt, $268,000	73-68-66-66—273
Hunter Mahan, $240,000	68-71-69-66—274
Adam Scott, $240,000	69-63-71-71—274
Phil Mickelson, $177,333	70-73-63-69—275
Kyle Stanley, $177,333	68-71-68-68—275
Blake Adams, $177,333	70-67-68-70—275
Jerry Kelly, $177,333	66-69-68-72—275
Ryan Moore, $177,333	68-68-69-70—275
Brendan Steele, $177,333	69-67-67-72—275
Ernie Els, $120,000	70-65-71-70—276
Zach Johnson, $120,000	68-69-69-70—276
Robert Karlsson, $120,000	74-67-64-71—276
Steve Marino, $120,000	67-72-68-69—276
Bubba Watson, $120,000	68-64-70-74—276
Chad Campbell, $86,400	71-67-69-70—277
Lucas Glover, $86,400	69-69-69-70—277
Charl Schwartzel, $86,400	66-66-72-73—277

BASKETBALL

FIBA AMERICAS 2012 OLYMPIC QUALIFYING

At Mar del Plata, Argentina

QUARTER-FINAL ROUND

	GP	W	L	Pt
Argentina	4	4	0	8
Dominican Rep.	4	3	1	7
Puerto Rico	4	3	1	7
Brazil	3	2	1	5
Venezuela	4	1	3	5
Canada	**4**	**1**	**3**	**5**
Uruguay	3	1	2	4
Panama	4	0	4	4

Note: Two points awarded for a win, one for a loss; games against common opponents carried over to quarter-finals.

Yesterday's results
Argentina 79 **Canada 53**
Domincan Republic 92 Panama 68
Puerto Rico 94 Venezuela 82
Brazil vs. Uruguay

Today's games
Puerto Rico vs. **Canada**, 10:30 a.m.
Uruguay vs. Domincan Republic, 1 p.m.
Argentina vs. Venezuela, 5 p.m.
Panama vs. Brazil, 7:30 p.m.

Tomorrow's games
Canada vs. Uruguay, 10:30 a.m.
Venezuela vs. Panama, 1 p.m.
Brazil vs. Argentina, 5 p.m.
Domincan Republic vs. Puerto Rico, 7:30 p.m.

Thursday Games
Panama vs. **Canada**, 10:30 a.m.
Uruguay vs. Venezuela, 1 p.m.
Argentina vs. Domincan Republic, 7:30 p.m.
Puerto Rico vs. Brazil, 7:30 p.m.

END OF QUARTER-FINAL ROUND

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	26	11	8	7	31	30	40
Kansas City	27	9	8	10	40	36	37
Houston	27	8	8	11	34	33	35
Philadelphia	25	8	7	10	31	26	34
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	26	4	7	15	30	33	27
Toronto	28	4	12	12	26	49	24
New England	26	4	11	11	26	39	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	27	14	3	10	39	22	52
Seattle	27	13	5	9	42	29	48
Dallas	27	13	7	7	36	29	46
Real Salt Lake	25	12	7	6	35	21	42
Colorado	28	10	7	11	39	36	41
Portland	26	9	12	5	33	41	32
Chivas USA	27	7	10	10	32	30	31
San Jose	26	5	10	11	27	35	26
Vancouver	26	4	13	9	27	42	21

Note: Three points for a win, one for a tie.
Last night's result
Los Angeles 2 Kansas City 2
Tomorrow's game
New England at Philadelphia, 8 p.m.

CFL

WEEK 10

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	9	7	2	0	219	184	14
Montreal	9	5	4	0	274	238	10
Hamilton	9	5	4	0	260	227	10
Toronto	9	2	7	0	200	262	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	9	6	3	0	239	238	12
Edmonton	9	6	3	0	209	197	12
B.C.	9	3	6	0	232	219	6
Saskatchewan	9	2	7	0	192	260	4

Yesterday's results
Edmonton 35 Calgary 7
Hamilton 44 Montreal 21

Sunday Result
Saskatchewan 27 Winnipeg 7

Friday Result
B.C. 29 Toronto 16

WEEK 11
Friday, Sept. 9
Calgary at Edmonton, 9 p.m.
Saturday, Sept. 10
Toronto at B.C., 4 p.m.
Sunday, Sept. 11
Hamilton at Montreal, 1 p.m.
Saskatchewan at Winnipeg, 4 p.m.

NFL

Thursday's Games
New Orleans at Green Bay, 8:30 p.m.
Sunday's Games
Atlanta at Chicago, 1 p.m.
Buffalo at Kansas City, 1 p.m.
Indianapolis at Houston, 1 p.m.
Philadelphia at St. Louis, 1 p.m.
Detroit at Tampa Bay, 1 p.m.
Pittsburgh at Baltimore, 1 p.m.
Tennessee at Jacksonville, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
N.Y. Giants at Washington, 4:15 p.m.
Minnesota at San Diego, 4:15 p.m.
Seattle at San Francisco, 4:15 p.m.
Carolina at Arizona, 4:15 p.m.
Dallas at N.Y. Jets, 8:20 p.m.

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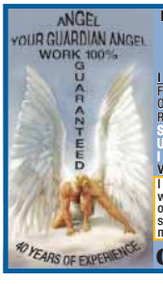

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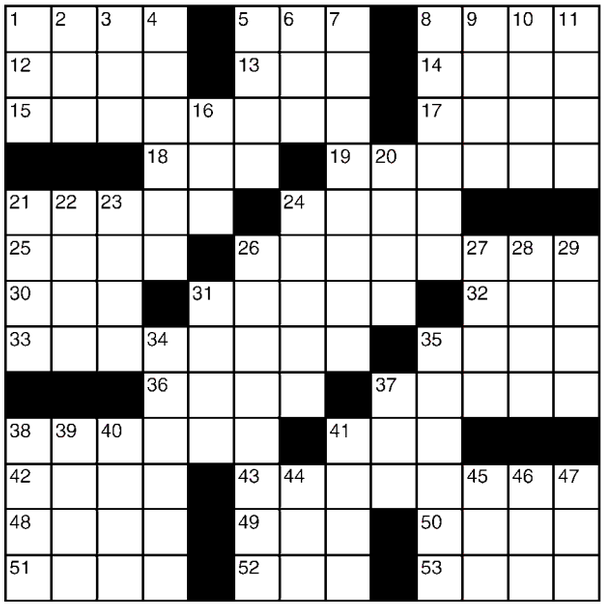
Crossword



Across

1 "Woe is me!"
5 Snapshot, for short
8 Church section
12 Chore
13 Blonde shade
14 Bucket
15 Anise-flavored liqueur
17 Nursery color, maybe
18 Larry and Curly's cohort
19 Heavy hammer
21 Lights
24 On the briny
25 "Hi, sailor!"
26 Engrossed
30 More (Sp.)
31 Sculptor Oldenburg
32 Regret
33 Not concrete
35 Actress Sorvino
36 Corn peel
37 Energy
38 Yell sharply
41 Chaps
42 Nickel, for one
43 Missing person?
48 Uncontrollable
49 Postal Creed word
50 Davenport's site
51 Wagers
52 Bribe
53 Basin accessory

Down

1 — glance
2 Science workshop
3 Fool
4 Meager
5 Cracker spread
6 Somewhat (Suff.)
7 Board and 32 pieces
8 Seem
9 Settled a debt
10 Croon
11 Actress Sommer
16 Ph. bk. data
20 Many summertime births
21 Dalai —
22 Moby Dick's pursuer
23 Rolling stone's lack
24 Unawares
26 Fairbanks folks
27 Naval hoosegow
28 Continental coin
29 Darling
31 Motley —
34 Uses one's gray matter
35 Mickey's girlfriend
37 Flying geese's formation
38 Wound cover
39 Kansas, to Dorothy
40 Urban disturbance
41 Abbr. that may cause sticker shock
44 Ghost's cry
45 AAA job
46 Lamb's mama
47 Listener

▶ Friday's answer

L	A	V		C	A	P		C	O	L	D	S
A	L	I		O	L	E		O	A	S	I	S
P	I	X		B	L	E	W	A	F	U	S	E
A	B	E		B	E	V	E	L				
Z	I	N	C		G	E	L		T	A	R	O
			H	O	E		L	A	W	Y	E	R
B	A	B	A	R			P	I	E	C	E	
A	M	A	Z	O	N		S	E	X			
R	A	Z	Z		A	M	I		T	A	X	I
			A	D	A	M	S		T	E	N	
B	L	U	E	B	A	Y	O	U		A	N	D
A	I	S	L	E		O	N	E		L	I	E
A	B	A	F	T		R	E	D		L	A	X

Sudoku

		3	6		9		5	
5		1	4	8		7		
	8						9	1
1			3		4		7	6
	7			5			1	
2	6		1		8			4
8	1						4	
		5		6	1	3		7
	3		2		5	1		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

7	6	8	9	1	3	4	2	5
1	9	5	8	4	2	3	6	7
2	4	3	6	5	7	1	9	8
9	5	4	3	8	1	6	7	2
8	7	2	5	6	4	9	1	3
6	3	1	2	7	9	8	5	4
5	8	7	1	3	6	2	4	9
3	2	6	4	9	5	7	8	1
4	1	9	7	2	8	5	3	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Jonathan
J<3 I am so proud of you and your new job, but now that you have to get up early every day I miss waking up next to you in the mornings :(so here is a kiss for every morning I'm not with you. I love you baby! xoxo
VICTORIA

barrett
im sending you a kiss that every one can see, alittle better then kissing in public. I love you every much barrett and I'm very happy, the lord has a plan for us
YOUR LIFE, CRYSTAL

snuggle bunny,
baby, the curve of your lips in the moonlight looks like a beautiful rose petal. i miss you everyday you're not with me. the touch of your hand warms up my whole day :) love youuu forever
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Variable
Wednesday
21°/15°
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Over the next 24 hours, don't burn yourself out. Just focus on what is most important — and do it.

♉ Taurus April 21-May 21 Don't be put off if someone you meet seems a bit too detached emotionally. You have things in common.

♊ Gemini May 22-June 21 There are times when you say things to shock those around you. Be ready for the backlash.

♋ Cancer June 22-July 22 Be honest with loved ones. Let them know what they are doing wrong.

♌ Leo July 23-Aug.23 You may be trying to deny your feelings, but is it worth the effort? You know it's bad to bottle them up. Express.

♍ Virgo Aug. 24- Sept. 22 Events may have taken some of the gloss off your achievements over the past few days. You'll shine soon.

♎ Libra Sept. 23-Oct. 23 Think deeply about your life and where it is headed. Then act.

♏ Scorpio Oct. 24-Nov. 22 You may not agree with what certain people are up to but it is not your place to question their actions.

♐ Sagittarius Nov. 23-Dec. 21 Every time you try to get started on something, a force holds you back. It may not be the right time.

♑ Capricorn Dec. 22-Jan. 20 Avoid people and places that depress you. Your mood will improve.

♒ Aquarius Jan. 21-Feb. 18 A friend or colleague will give you excellent advice today. If you are smart, you will listen and learn.

♓ Pisces Feb. 19-March 20. One-to-one relationships are under both helpful and challenging stars right now. **SALLY BROMPTON**

Caption contest

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DAVE CHIDLEY/ THE CANADIAN PRESS

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